



AN APPLE A DAY KEEPS THE PRESSURE INJURY AWAY

Leslie Kellogg BSN, CMSRN, BC-GN, leslie.kllgg@gmail.com
Riverview Medical Center Red Bank NJ
Hackensack Meridian Health System



Introduction

ABOUT 4 SOUTH RIVERVIEW MEDICAL CENTER



- Riverview is part of the Hackensack Meridian Health System.
- Located at the Jersey Shore in Red Bank NJ.
- Riverview has been a Niche hospital since 2004 and an Exemplar Niche Hospital for the past 3 Years.
- Riverview's Niche unit is 4 South, a general Medical-Surgical unit.
- All nurses on 4 South are either geriatric or medical/surgical certified nurses.

Methods

Comparing Apples to Ulcers

In the article “Apples to Ulcers, Tips for Staging Pressure Ulcers” by Patricia Turner, different apples are used to describe the different stages of pressure injuries as defined by the NPUAP council.

- In 2015 Education of the Apple staging was implemented on 4 South.
- In 2016 4 South started to use the Apple sign to identify patients with pressure injury.

OUTCOME

- The outcome of the project is to increase the use of pressure injury prevention methods by properly identifying those at risk.
- And to decrease the amount of Hospital Acquired Pressure Injuries, and to prevent the worsening of existing ulcers.
- This outcome was achieved by the collaborative effort of all team members working together to help identify and prevent any pressure injury.

RESULTS

- Due to the presence of the Apple Sign, it was easier to identify those patients who need pressure injury strategies, such as repositioning or use of moisture barrier cream etc.
- Since the beginning of the project, the staff has become: 1. Overly aware of the appropriate staging of pressure injuries, 2. Aware of the proper use of the Braden score, 3. Can use the correct prevention strategies and 4. Can document appropriately the proper prevention methods.

CONCLUSION

- In 2015 the amount of Hospital Acquired Pressure Injuries throughout the hospital was 70.
- In 2016, it went down to 30.
- On 4 South the amount of Hospital Acquired Pressure Injuries in 2014 was 10,
2015 it was 9,
2016 it was 6.

PROJECT BACKGROUND

In 2015 I was made aware that our staff had too many discrepancies in their charting of pressure injuries. Pressure injuries are costly and negatively affect a patient's stay. Accurate charting of the pressure injury stages helps reimbursement and allows proper treatment. After researching different methods to educate the staff on pressure injury staging, the article “Apples to Ulcers: Tips for Staging Pressure Ulcers” by Patricia Turner, was found to be the easiest way for teaching stages.

APPLES TO ULCERS CHART

- Stage 1 Skin is intact



- Stage 2 Skin is peeled



- Stage 3 Skin is bitten



- Stage 4 Skin is to the core/bone



- Unstageable Skin is covered



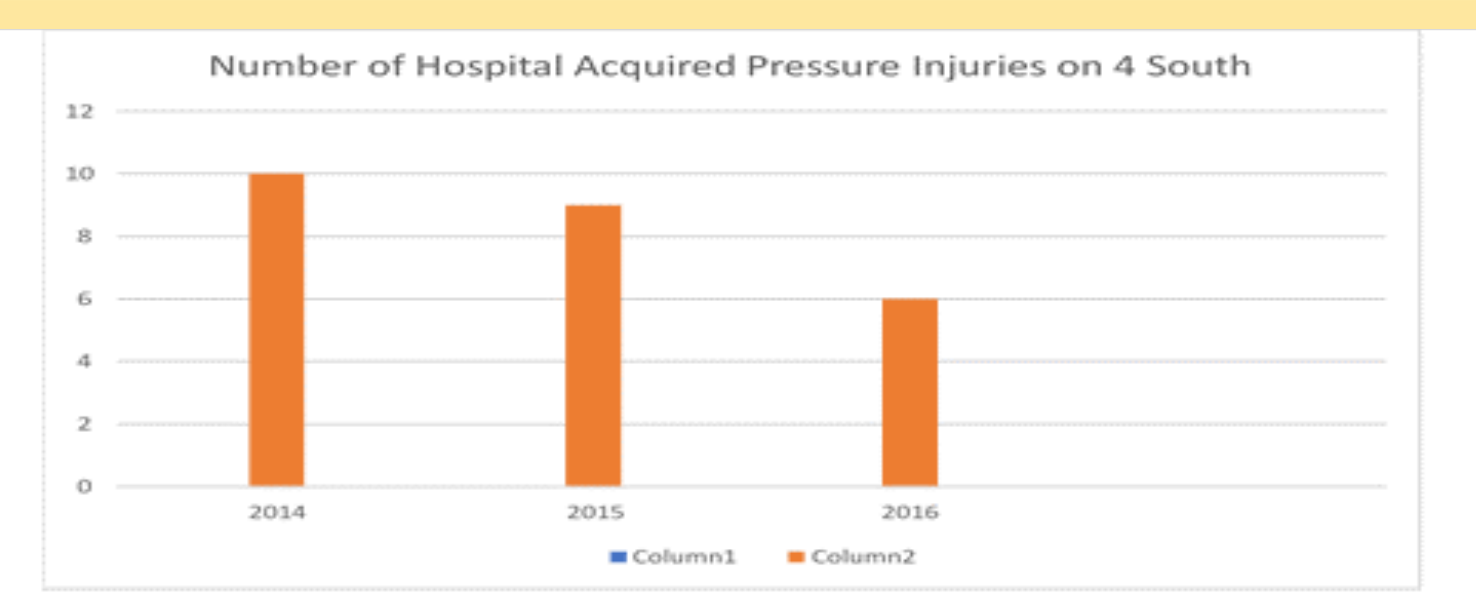
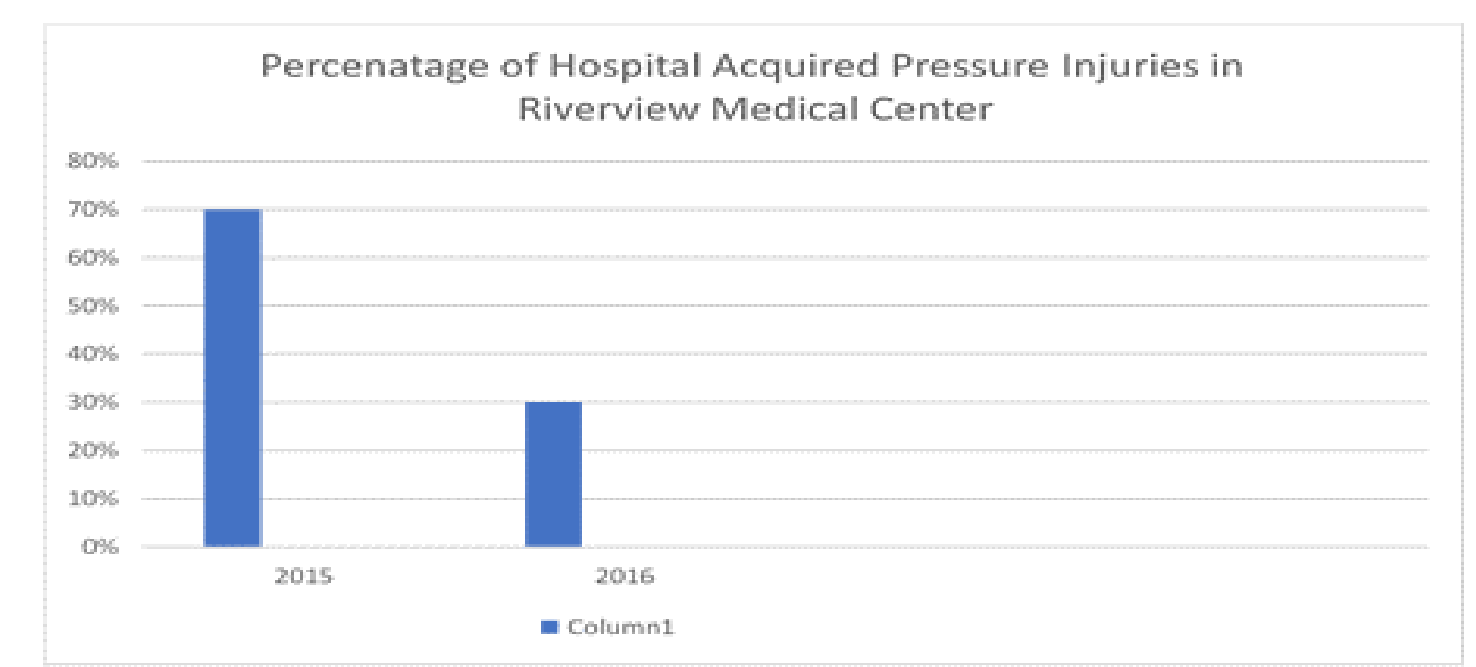
- Deep Tissue Injury Skin is bruised



PROCESS

- Upon admission the nurse determines the patient's risk for injuries by using the assessment tool the Braden scale.
- The Braden scale is the risk assessment tool used by Riverview to evaluate pressure ulcer risk and to identify the interventions that can be implemented.
- The patient is evaluated using several categories: mobility, friction, nutrition, moisture, sensory perception.

- When the Braden score is < 18, the prevention protocol for pressure ulcers is implemented.
- After the nurse determines the Braden score, all patients with a score < 18 has the apple placed outside their door.
- This indicates to all of those caring for these patients that they are to use the prevention protocols, ie: turning, moisture barriers etc.



REFERENCES

- Meridian Health Policy on Pressure Ulcer Prevention (Braden Scale). 1/14/2016
- Apples to Ulcers - Tips for Staging Pressure Ulcers, by Patricia Turner BSN, RN,CWOCN, CWS, Healthy Skin, www.medline.com, October 2013