

# Pressure Injury Prevention Resource Guide of Best Practices

The Hospital and Healthsystem Association of  
Pennsylvania  
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## Using This Guide

Implementing and managing a pressure injury prevention program is a time-consuming and resource-dependent process. Moreover, it is sometimes difficult to find the appropriate resources among the vast amount of information that is available. This “Pressure Injury Prevention Resource Guide” has been created with the intent of consolidating that information and presenting resources and tools that utilize evidence-based best practices and support the pressure injury prevention efforts in Pennsylvania acute care hospitals and health systems.

This guide is organized into seven categories of resources that address seven different opportunities for pressure injury prevention in the acute care setting. New to this revised edition are resources and links to assist in the accurate assessment of darkly pigmented skin. Unrecognized damage arising from pressure injuries in people with darkly pigmented skin can lead to worsening stages, prolonged periods of hospital stay, deterioration in patients’ physical and psychological well-being, increased risk of lawsuits, and elevated costs for health care services. Therefore, there is a need to improve skin assessment skills among clinicians, as well as guidance on integrating pressure injury best practice in the health care setting.

HAP believes that using these resources will help to support hospitals’ efforts in the prevention of hospital-acquired pressure injuries. We encourage hospitals to dig further into the resources, as there are many other helpful documents and information available. Just as important, however, is that we operate within the spirit of an “all teach/all learn” environment and share our successes and suggestions for improvement with one another. When moving through this guide, please contact us with any questions or concerns that you may have or any successes that you have had while utilizing a particular resource. This will help us to improve this document and highlight the source as a vibrant resource in your arsenal of pressure injury prevention tools.

As always, we thank you for all your efforts in developing and sustaining a culture of patient safety in your hospitals.

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## Pressure Injury and Skin Care Organizations

Resource	Description
<a href="#">National Pressure Injury Advisory Panel</a>	The National Pressure Injury Advisory Panel (NPIAP) is an independent not-for-profit professional organization dedicated to the prevention and management of pressure injuries.
<a href="#">European Pressure Ulcer Advisory Panel</a>	The “European Pressure Ulcer Advisory Panel” was created in London in December 1996 to lead and support all European countries in the efforts to prevent and treat pressure injuries.
<a href="#">Pan Pacific Pressure Injury Alliance</a>	The Pan Pacific Pressure Injury Alliance (PPPIA) is an alliance of wound associations in the Pan Pacific region that have a common goal to reduce suffering from wounds.
<a href="#">Wounds Group</a>	Wounds Group is a major international health care communications business with a global outreach in wound management.
<a href="#">Wound, Ostomy, and Continence Nurses Society</a>	Founded in 1968, the Wound, Ostomy, and Continence Nurses Society™ (WOCN®) is the largest and most recognized professional nursing community dedicated to advancing the practice and delivery of expert health care to individuals with wound, ostomy, and continence care needs.
<a href="#">American Professional Wound Care Association</a>	The American Professional Wound Care Association® (APWCA) is a non-profit medical association welcoming provider from all disciplines involved in prevention and treatment of wounds.
<a href="#">Organization of Wound Care Nurses &amp; Allied Healthcare Professionals</a>	Organization for Wound Care Nurses & Allied Healthcare Professionals was established in Dallas, Texas, U.S.A. in 2010 by a group of medical experts to advance and formalize the National Standards for Wound Care Certification.
<a href="#">Association for the Advancement of Wound Care</a>	The mission of the Association for the Advancement of Wound Care is to advance the care of patients with and at-risk for wounds.

## Comprehensive Assessments

Resource	Description
<a href="#">The Bates-Jensen Wound Assessment Tool</a>	This is a validated and reliable tool for conducting in-depth evaluations of wound status.
<a href="#">Braden Scale II: Predicting Pressure Injuries</a>	The Braden Scale II was released in January 2022 and is the most current tool available.
<a href="#">Ten Top Tips: Honing Your Pressure Injury Risk Assessment</a>	This article provides insight into the use of current evidence-based practice tools to determine pressure injury risk.
<a href="#">The Pressure Ulcer Scale for Healing (PUSH)</a>	A validated and reliable tool that is used to collect data and monitor the healing of pressure injuries.
<a href="#">Norton Scale for Pressure Ulcer Risk</a>	The Norton Pressure Ulcer Risk-Assessment Scale is a tool designed to help clinicians evaluate patients' risk of developing pressure injuries.
<a href="#">Gold Stamp Organizational Assessment Tool</a>	This assessment tool allows the organization to review and recognize deficiencies in a pressure injury prevention initiative.
<a href="#">Waterlow Pressure Ulcer Scale</a>	This tool is used to assess the risk for pressure injury development.

## Best Practices

Resource	Description
<a href="#">Best Practices for Pressure Injury Prevention in the ED</a>	Preventing new pressure injuries or exacerbation of current injuries is an ongoing standard in emergency department nursing, but competing or urgent or emergent priorities can leave pressure injury prevention lost in the shuffle.
<a href="#">Reference for Wound Documentation</a>	This resource may be used to describe the anatomic location of the wound, as well as stage and measure the wound, plus describe wound characteristics.
<a href="#">C.A.R.E to Prevent Medical Device-Related Pressure Injuries</a>	These frequently preventable injuries, which develop during the application of a diagnostic or therapeutic device during hospitalization, can result in a stageable pressure injury, even deep tissue and mucosal. Injuries can develop anywhere on the patient's body and depend on the device application.
<a href="#">HAP Best Practices Pressure Injury Prevention Checklist</a>	This resource includes an assessment of policies and procedures, best practices, education, and quality improvement practices.
<a href="#">A Scoping Review of Deep Tissue Pressure Injury Best Practices</a>	The purpose of this three-phase scoping review was to analyze published evidence to elucidate the prevalence of tissue recovery among deep tissue pressure injury and identify common interventions to guide detection, prognosis, and management at the point of care.
<a href="#">The Roadmap to Success: Hospital-Acquired Pressure Injury (HAPI)</a>	This Roadmap offers six steps to pressure injury prevention.
<a href="#">Improving Pressure Area Risk Assessment and Management for People Living with Dementia</a>	People living with advanced dementia have a significantly higher prevalence of pressure injuries compared to those living without dementia with similar comorbidities. The care and support required to prevent pressure injuries in people living with dementia needs to be individualized, following a holistic and person-centered assessment of the person and their unique circumstances.
<a href="#">Reducing the Incidence of Hospital-Acquired Pressure Ulcers by Enhancing the Role of Unit-Based Skin Champions</a>	Skin champions serve as unit experts and resource for pressure injury prevention and skin care, educate and update staff on new guidelines, perform root cause analysis, assist in identifying patients at risk, conduct prevalence studies, and identify barriers in the delivery of preventative care.
<a href="#">How to Treat and Prevent Medical Device-Related Pressure Injuries</a>	Prevention of medical device-related pressure injuries is a goal that may be achieved through meticulous patient care.

## Assessing Darkly Pigmented Skin

Resource	Description
<a href="#">The NPIAP Publishes State of the Science Paper on Pressure Injury in Persons with Dark Skin Tones</a>	The National Pressure Injury Advisory Panel (NPIAP) created a state of the science paper on the increase incidence and poorer outcomes of pressure injury in patients with dark skin tones.
<a href="#">Ten Top Tips: Assessing Darkly Pigmented Skin</a>	Patients with darkly pigmented skin have been reported to have higher rates of full-thickness pressure injury and a higher mortality from the wounds. Some of these increased rates can be attributed to the difficulty in discovering pressure injury in the earlier stages.
<a href="#">Points to Consider When Assessing Darkly Pigmented Skin</a>	This health care improvement document lists issues to address when assessing darkly pigmented skin.
<a href="#">How to Identify Pressure Injuries in Skin of Color</a>	Medium to darkly pigmented skin can be easily obscured in visual skin assessments due to the presence of callus, dry or ashy skin, and dim lights.
<a href="#">Pressure Injuries and Skin Tone</a>	This article highlights the need to improve skin assessment skills among clinicians, as well as guidance on integrating pressure injury prevention best practice into all care settings where patients present with diverse skin tones.
<a href="#">Pressure Injuries in People with Dark Skin Tones</a>	This poster offers that to reduce the risk of erythema and Stage 1 pressure injuries developing into full thickness wounds in patients with dark skin tones, it is essential for clinical staff and carers to recognize the other signs and symptoms than can be observed on the skin as early indicators of pressure related tissue injury.
<a href="#">Assessing Pressure Injuries in Patients with Darker Skin Tones</a>	Different skin tones respond differently to tissue injury, pressure, healing, and treatment provided, and therefore it is vital that any assessment and care planning is tailored to the individual and their needs from the beginning.
<a href="#">Detecting Pressure Damage in People with Darkly Pigmented Skin</a>	This article explores current pressure injury categorization systems and the advice for nurses who need to prevent pressure damage in all their at-risk patients. It will also examine technological advances that have been designed to overcome the difficulties there are in detecting pressure damage in people with darker skin.
<a href="#">Staging Pressure Injury in Darkly Pigmented Skin (UTube)</a>	The webinar provides a look at why a comprehensive skin assessment is so important and how this can aid in early identification of pressure injuries and reduction in them progressing further, particularly in darker pigmented skin.

## Quality Improvement

Resource	Description
<a href="#">A Quality Improvement Program to Reduce Hospital-acquired Pressure Injuries</a>	<p>This hospital hypothesized that there was insufficient awareness of the importance of preventive measures in pressure injury prevention, as well as a lack of structure around their application. They theorized that implementation of a bundle approach to apply the already proven preventive measures would result in substantial improvement in their use, and consequently in the prevalence of pressure injuries.</p>
<a href="#">HAPI Beds: A Quality Improvement Project to Reduce Hospital-Acquired Pressure Injuries</a>	<p>The purpose of this quality improvement project is to implement a new bed selection algorithm with an aim to increase bed selection competency within the Adult Medical-Surgical Telemetry Stroke Unit by 50 percent within six months to accurately prevent and treat hospital acquired pressure injuries.</p>
<a href="#">A Quality Improvement Initiative to Reduce Hospital-Acquired Pressure Injuries (HAPI) in an Acute Inpatient Setting by Improving Patient Education and Seating</a>	<p>Hospital inpatients are encouraged to sit out of bed to maintain function and reduce deconditioning; however, this increases the risk of hospital-acquired pressure injuries (HAPI) especially if seated on incorrect surfaces. This study aimed to reduce HAPI by providing pressure redistribution cushions and enhanced education.</p>
<a href="#">Hospital-Acquired Pressure Injury Prevention: A Quality Improvement Project</a>	<p>The aim of this project was to improve the rate of hospital-acquired pressure injuries (HAPU) on the tele/stroke unit. The process begins with evaluating the current HAPI prevention practices with the frontline staff. The process ends with implementing the evidence-based practice HAPI prevention bundle.</p>
<a href="#">Pressure Ulcer Prevention in Hospitals: A Successful Nurse-Led Clinical Quality Improvement Intervention</a>	<p>The aim of the quality improvement intervention was to reduce pressure ulcers by 50 percent at the hospital and have no pressure ulcers at Stage 3 (full thickness skin loss) or higher.</p>
<a href="#">Pressure Injury Prevention: A Quality Improvement Project Utilizing Incontinence Care Education</a>	<p>The goal of this project is to reduce pressure incidence rate by aligning daily practice with evidence-based guidelines through limiting the use of briefs for non-ambulatory, incontinent patients.</p>
<a href="#">Quality Improvement Initiative Template</a>	<p>This document offers a generic template for use in a quality improvement project.</p>
<a href="#">Quality Improvement Initiative Update</a>	<p>This document, to be used in conjunction with the Quality Improvement Initiative template, provides a means to demonstrate progress and results for a quality improvement project on a quarterly basis.</p>



## Staff Education

Resource	Description
<a href="#">Staff Educational Training Program and Toolkit</a>	This training program/toolkit provides an evidence-based approach and resources to develop a system that implements consistent and sustained measures to prevent, treat, and heal pressure injuries.
<a href="#">Elements of a Pressure Injury Prevention Plan</a>	Pressure injury prevention practices incorporate methods that aim to eliminate and/or deter the development, progression, and recurrence of pressure injuries.
<a href="#">Educating Nurses in the United States About Pressure Injuries</a>	This article introduces a pressure injury competency skills checklist and educational strategies based on Adult Learning principles to support knowledge acquisition (in school) and translation (into clinical settings).
<a href="#">How to Make Staff Education Fun With a Wound Care Carnival</a>	Everyone learns differently; however, hands-on training with added fun usually wins. Education should be ongoing and engaging, and it should create fun ways to experience more of those “aha” moments.
<a href="#">The Interdisciplinary Care Team’s Role in Pressure Injury Prevention</a>	This resource guide provides education, evidence-based practices, and guidance on how to engage the interdisciplinary team to collaborate and improve the assessment, management, and prevention of pressure injuries.
<a href="#">Pressure Ulcer/Injury Road Map</a>	This Roadmap for Pressure Injury Prevention is tiered into fundamental and advanced strategies and includes operational definitions and resources.

## Patient Education and Engagement

Resource	Description
<a href="#">Patient Engagement: Encouraging Healing by Involving Patients in Wound Care</a>	<p>Patient engagement in wound care improves patient experience and satisfaction and results in increased clinical and economic benefits. As such, it is a worthwhile approach to take, but there are some considerations. The level of involvement desired by a patient is determined by their age, the duration of their wound and underlying disease, and their level of education and literacy.</p>
<a href="#">Goldstamp Patient and Family Brochure</a>	<p>This patient brochure is part of the Gold STAMP program to reduce pressure injuries in New York designed to provide resources and education across the continuum of care to improve the assessment, management, and prevention of pressure injuries.</p>
<a href="#">Preventing Pressure Ulcers: A Patient Guide</a>	<p>This booklet describes where pressure injuries form and how to tell if patients are at risk of getting a pressure injury. It also lists steps to take to prevent them or keep them from getting worse and suggests how to work effectively with the patient's health care team.</p>
<a href="#">Patient Participation in Pressure Injury Prevention: Giving Patient's a Voice</a>	<p>The findings of this study suggest most patients preferred a proactive pressure injury prevention role. Many identified barriers in the health care environment that impeded their participation and affected their experience of pressure injuries and pressure injury prevention. If patient participation as a pressure injury prevention strategy is to be considered, nurses and organizations need to view patients as partners.</p>
<a href="#">Optimizing Wound Care Through Patient Engagement</a>	<p>Informed patients are more likely to feel confident to report both positive and negative experiences and have increased concordance with mutually agreed care management plans. This not only improves health outcomes, but also advances learning and improvement, while reducing adverse events</p>

Thank you for working so diligently to address quality and patient safety in Pennsylvania. Transforming health care and integrating these changes into everyday practice is not easy. We applaud your great efforts and dedication to protecting patients and saving lives.

Hospitals with further interest in pressure injury prevention should contact HAP project manager, [Janette Bisbee](#) or call (717) 561-5372.



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