

**PRESSURE ULCER PREVENTION: A FRAMEWORK FOR QUALITY AND RESEARCH PROJECTS**

Gudrun Sigurjonsdottir

*Landspítali University Hospital, Reykjavik, Iceland*

Pressure ulcer prevention is an important quality indicator in nursing. Pressure ulcer prevalence in hospitals in Iceland was 9% in 1999. A framework for quality and research projects towards preventing pressure ulcers were developed in 2005 in Landspítali University Hospital (LUH) and home care within primary health care in and around Reykjavik in Iceland. Two thirds of the nation live in this area.

The framework addresses: (1) Development and publication of clinical guidelines on risk assessment and pressure ulcer prevention in spring 2008. A decision was made to use the Braden scale. The scale has been translated and published as an info card with useful information for users and a documentation sheet. An educational pamphlet has also been developed for people with risk factors. Multidisciplinary teamwork is emphasized where all team players, including the individual him/herself, are responsible and work together towards the goal of preventing pressure ulcers. An implementation plan has also been developed. (2) Pressure ulcer prevalence studies in LUH and home care are scheduled for spring and autumn 2008. The studies will be based on the EPUAP survey to facilitate comparison between countries. (3) Development and assessment of pressure ulcers as an outcome indicator with use of the Braden scale and incidence studies. (4) Recording of risk factors and Braden score in the electronic health record. Structured pressure ulcer risk assessment can facilitate clinical decision making with decision support processes. The clinical decision making will help with appropriate nursing diagnoses, nursing interventions and nursing outcomes.