

## HAPI Panel of Experts Topic of the Month – February 2020

### NPIAP Updated Pressure Injury Guidelines

#### Introduction

At the end of 2019, the National Pressure Injury Advisory Panel published updated clinical practice guidelines for prevention and treatment of pressure injuries. The HAPI Panel of Experts recently discussed the new guidelines and shares the following summary.

#### Summary of Recommendations

Recommendations in the brief were divided into three categories: assessment, prevention, and treatment.



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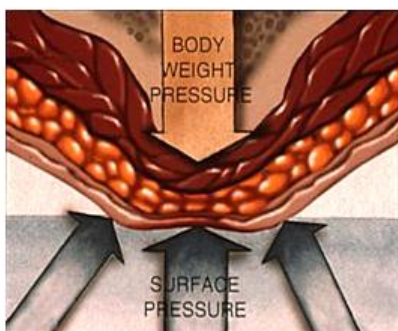
#### Assessment

The guidelines recommend performing a pressure injury risk assessment upon the patient's entry into the healthcare setting and repeating the assessment at regular intervals or with a change in patient condition. Use of a valid risk assessment tool is recommended, in addition to nursing consideration of other factors that may increase the patient's risk such as age, chronic health conditions, body temperature, and quality of tissue perfusion. Special attention is called to patients with alteration in mobility, incontinence, poor nutritional status, and prior history of pressure injury. Assessment of skin should occur with risk assessments and includes evaluation for erythema (blanchable/non-blanchable), edema, and alteration in temperature.

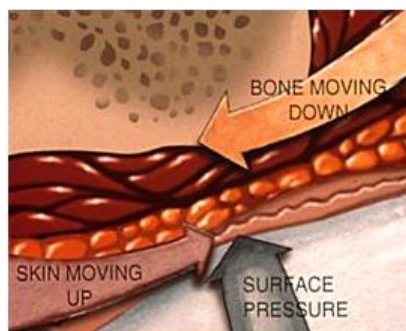
#### Prevention

Prevention is focused on minimizing or eliminating anything that causes pressure, shear, or friction on skin.

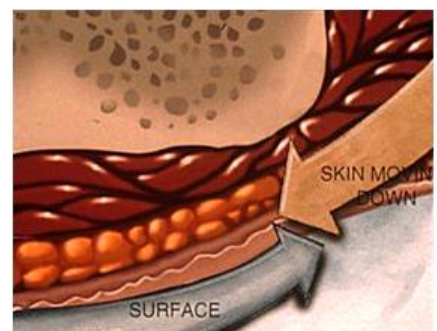
**PRESSURE:** Squeezing together of soft tissue caused by weight



**SHEAR:** Shearing forces stretch or tear the blood vessels, reducing the amount of pressure needed to occlude them.



**FRICTION:** Mechanical force that opposes the movement of one surface across another.



<https://slideplayer.com/slide/4332287/>

Medical devices are identified as common contributing factors. The importance of regular repositioning, even when seated, and use of protective foam dressings and off-loading devices is emphasized. Use of a 30-

degree lateral position as opposed to a 90-degree side-lying position is recommended. Special approaches for critically ill patients are described and include slow turns and small, frequent shifts in position. Key nutrition guidelines are provided, underscoring the importance of adequate calorie, protein, and fluid intake. For high risk individuals, use of appropriate support surfaces is stressed. The Wound Ostomy Continence Nurse Society has a support surface algorithm and free online CEU program about support surfaces on their website at <https://www.wocn.org/page/ssa>.

## Treatment

For pressure injuries on heels, off-loading with a pillow is acceptable for stage 1 or 2, but a heel suspension device should be utilized for stage 3 or 4. Support surfaces are critical for healing and are recommended for all patients aged 16 or older who have a pressure injury and will be in the hospital longer than 24 hours. Key nursing actions include establishing a bowel and bladder program for incontinent patients, developing an individualized plan for repositioning, addressing pressure redistribution while sitting up, and providing patient/family education. Nutrition screening and treatment are highlighted, along with specific recommendations for wound care professionals and providers related to biopsy, debridement, antibiotics, platelet-derived growth factor, electrical stimulation, ultrasound, and negative wound pressure therapy.



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## HAPI Panelist Remarks

In discussing the guidelines, panelists commented that the recommendations point healthcare professionals back to the basics. Beneficial new technologies and products are emerging, yet, the foundation of preventing pressure injuries remains careful assessment, regular repositioning, protecting at-risk skin, managing incontinence, optimizing nutrition and hydration, and educating patients and families.

The amount of relief and comfort experienced by the sick after the skin has been carefully washed and dried, is one of the commonest observations made at the sick bed.

--- Florence Nightingale

The 2019 National Pressure Injury Advisory Panel Clinical Practice Guidelines can be purchased online at <https://npiap.com>. The free quick reference guide to the NPIAP Clinical Practice Guidelines is available for download at <https://npiapquickreferenceguide>.

The HAPI Panel of Experts is a group of wound care and quality professionals that represent hospitals of varying sizes and geographic regions of Tennessee. The Panel convenes monthly to discuss a topic specific to pressure injury prevention and share their practices and recommendations.

### Panel of Experts

**Jennifer Vandiver**, BSN, RN, CWON - West Tennessee Healthcare  
**Julie Brandt**, MSHA, BSN, RN, WOCN - Erlanger Health System  
**Lauren White**, MBA, BSN, RN - Vanderbilt University Medical Center  
**Sonya Clark**, RN, CWOCN - Henry County Medical Center  
**Suzanne Kuhn**, RN, CWS - Delta Medical Center

If you would like to suggest a topic for the Panel to discuss, please email your request to Rhonda Dickman at [rdickman@tha.com](mailto:rdickman@tha.com).