

4 North Action Plan for Heel Ulcers

Team Members, St. Agnes Hospital, Baltimore, MD



4 North's Action Plan

4 North's Skin Care Action Plan came about due to a unit rate nosocomial pressure ulcer score of 27.3% in 2003. The highest % of Stage I and II pressure ulcers in heels and coccyx at St. Agnes Hospital and Ascension Health. The hospital overall score was 7.8%. In prior years our averages were: 2001 - 12.5% and 2002 - 4.3%. We knew we needed to implement a new practice.

Team Members

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2003

New Practice in Paper Documentation

1. Raise the Braden Score to 18. Fill out the Braden scale on the Med. Surg. flow sheet. If the score is 18 or less, fill out the plan of care for patients at risk for impaired skin integrity.



2. Initiate turning the patient. If the Braden Score is 18 or less place a laminated spinning top sticker on patients room door. The spinning top indicates the patient is on a turning schedule.

2003

New Practice in Nursing Care

3. When to apply WAFFLE® boots?

- Bed rest, post-op day one pt.
- Frail and weak
- All ortho patients
- Buck's Traction
- If patient is unable to lift foot off of bed. When in doubt ask!

4. Daily skin rounds
5. Education
6. Evaluate our success



2004

Primary Focus for 2004 was to Initiate Our New Practice

EDUCATION

Our first objective was to educate our staff

1. A poster board was made to present our new plan
2. Staff meetings were given to all shifts
3. The WAFFLE® Boot representative was asked to educate our staff.
4. Daily skin rounds were done and outcomes were reported to each individual.
5. Continuous reinforcement of our new practice and reeducation of our outcomes.

2004

Performance Improvement SKIN ROUNDS

107 patients were audited on the following:

1. Braden Score 18 or less
2. Flowsheet available
3. Flowsheet; Page 3 interventions completed
4. Physical assessment; nosocomial ulcers found
5. Skin assessments clear
6. Skin breakdown on admission documented
7. Skin sheets made out. Unit-based pressure ulcers after 3 months went from 22.3% to 13.37%

**AT THE END OF 2004,
OUR UNIT BASED
SCORE WAS 10%**

2005

"In 2004 we were proud of our performance, but in 2005, we strove for the best."

1. Daily skin rounds continue
2. High risk patients were put on the 4 North action plan
3. We continue to reinforce education with staff and individual counseling when needed.

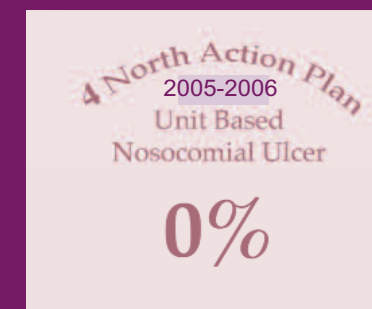
Strive for the Best!

4. If a stage one nosocomial ulcer was found, individual counseling was done and staff wide reinforcement initiated
5. Documentation was evaluated on the computer
6. Weekly skin rounds are done by all RN's.

2006

"In 2005 we strove for the best, in 2006, we achieved our GOAL! – 0% Heel Ulcers"

1. Skin rounds are now every Thursday
2. High risk patients are put on the 4 North Action Plan
3. The rule for 4 North is...No matter how old you are...if you can't lift your foot off the bed on your own, you will be on 4 North's Action Plan
4. We continue to reinforce education with the staff and teach the new staff



2007

Patient pressure ulcer summary documented one Stage II, facility-acquired pressure ulcer. The patient was NOT on the Action Plan at the time the pressure ulcer was acquired!