Preventing Friction and Shearing Injuries in the High Risk Hip Fracture Patient Population
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PURPOSE
Mercy Hospital of Folsom serves a large frail elderly population with a high prevalence of hip fractures. During a six month period two patients with hip fractures sustained Stage II Pressure Ulcers during transfer and/or repositioning.

OBJECTIVE
Evaluate the use of a static air overlay* from the point of entry in the Emergency Department (ED) and throughout the continuum of care for the prevention of nosocomial pressure ulcers related to friction and shearing with an emphasis on hip fracture and frail elderly patients.

Throughout the Continuum of Care
We wish to thank EHOB for their support of this trial by providing the funding for the printing.
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OUTCOMES

In November, 2009, the MHF Multidisciplinary Pressure Ulcer Prevention Team in conjunction with Saint Mary's Hospital in Reno, NV developed an improved, comprehensive pressure ulcer prevention protocol. All nursing staff, including nurses in the ED, Peri-Op, ICU, and Medical/Surgical Units were trained on the criteria and the proper use of the static air overlays chosen. Physicians and staff were instructed that all hip fracture patients were to be placed on the overlay upon arrival to the ED. In addition, local EMS Staff were asked to notify the hospital prior to arrival with a suspected hip fracture patient so that the overlay would be ready on the gurney when the patient arrived. The patient would remain on the overlay beginning in the ED and throughout the continuum of care, including transport to radiology, transfer to OR, recovery, Medical/Surgical Units and upon discharge or transfer to another care facility. The overlays would be stored in the ED and would not require a physician's order. Patients would receive discharge instructions regarding the static air overlay so that they could continue to use them at home.

CONCLUSIONS

Since the new protocol was initiated, no patients with hip fractures have sustained pressure ulcers. The study demonstrates a significant correlation between the use of the static air overlays and the elimination of friction and shearing injuries. Other benefits of the overlay included:

- Comfort and portability.
- Pain management with turning and transferring.
- Ease of use.
- Workplace injury reduction.
- Reduction of patients leaving the ED without being seen.
- Significant reduction in pressure ulcer formation.
- MHF is one of the top performers in the CHW system.
- Cost savings. The overlay significantly reduced the 'Per Patient Bed Charges'.
- A decrease in nosocomial pressure ulcer incidences.

* WAFFLE® Brand Static Air Overlay

[Graph showing Hospital Acquired Pressure Ulcers/1000 Discharges from FY 2008 to FY 2011]