



Pressure Ulcers eCourse

Module 1: Introduction

Handout

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Pressure Ulcers – Introduction

1. PU Introduction

1.1 Welcome



Narration

No narration, only music.

1.2 Introduction


Introduction to the Course

*Guides are Jill and Mark **

Skin lesion caused by unrelieved pressure resulting in damage to underlying tissue

Bedsore, pressure sore and decubitus ulcer

Usually at bony prominences



* Hold mouse over blue text for more information. Click **NEXT** to continue.

Narration

JILL: Hi ... I'm Jill and with me is Mark. We will be your guides throughout this online course on pressure ulcers. Are you ready to begin, Mark?

MARK: I sure am! Pressure ulcers ... those are the body sores you get when you stay in one position for a long period of time, right?

JILL: Yes, that is correct. A pressure ulcer is a skin lesion caused by unrelieved pressure resulting in damage to underlying tissue. The official definition is ... a localized injury to the skin and underlying tissue usually over a bony prominence, as a result of pressure or shear. Other terms used are bedsore, pressure sore and decubitus ulcer. However, pressure ulcer is the preferred term because it more accurately reflects the actual cause of the problem.

MARK: You said ... bony prominence. So I would guess that means pressures ulcers are most likely to form in places like the elbows, knees, ankles, tailbone and hips.

JILL: Yes ... also in such places as the scalp, sacrum and the heels. Pressure ulcers develop here because the body weight is concentrated on these areas when lying on a solid surface.

1.3 Importance



Narration

MARK: Jill, I'm curious about why do we need a whole course on pressure ulcers? Are they such a big problem?

JILL: I'm glad you asked that question Mark. I can think of at least EIGHT good reasons why we need to do more about pressure ulcers.

MARK: Oh, oh ... I think I asked for this. (Laughs)

JILL: First of all, there is plenty of evidence to show that most pressure ulcers can be prevented with proper care. However, several recent studies indicate that prevalence rates remain relatively unchanged, despite increased attention to pressure ulcer problems worldwide. This suggests that we certainly could be doing a much better job!

Secondly, pressure ulcers are a source of pain and discomfort to patients and residents. They affect the mobility, nutritional intake, elimination and psychological well-being of those afflicted. Pressure ulcers represent a major health threat to older patients and residents, and those individuals with restricted mobility or a chronic disease.

Mark, you can imagine how frustrating and disheartening it would be if you went to the hospital to treat a serious condition, and then developed a pressure ulcer that caused you more pain and discomfort.

MARK: Yes, I see what you mean.

JILL: When pressure ulcers are detected early, they are treatable. If undetected or untreated, pressure ulcers can develop into the later stages resulting in potentially fatal complications. For example, if the wound becomes infected, it can lead to a serious septic infection. This makes it difficult for patients to recover.

Other common complications of pressure ulcers include chronic bone infection, skin infections, infectious arthritis and renal failure. These complications add a significant burden to the patient's pre-existing health issues.

MARK: Okay, those are all good reasons ... any more?

1.4 Importance 2



Narration

JILL: Yes Mark, here are four more reasons why we need to do better with pressure ulcers.

Dealing with pressure ulcers consumes healthcare resources that are often already strained. Treating pressure ulcers takes nursing time, medications, special equipment and may even require surgery. With an effective pressure ulcers prevention program in place, these resources could be put to better use.

There are financial costs associated with treating pressure ulcers. Someone has to pay for the healthcare resources needed for pressure ulcer care. Accumulated across the entire health care system, these costs are enormous!

To make matters worse, sometimes the cost of treating pressure ulcers cannot be recovered. For example, in the United States, Medicare will no longer reimburse organizations for pressure ulcers that develop after hospital admission.

And finally Mark, failure to pay attention to pressure ulcers can cost you your job and nursing career.

MARK: You're kidding, right?

JILL: No, I'm not. Let me give you a scenario where this could happen. A patient comes into the hospital for an unrelated condition. During his stay at hospital, he develops a pressure ulcer which progresses to Stage IV. As a result, the patient develops a complication and dies. The family decides to sue the hospital and nurses for negligence in preventing the pressure ulcer. The family wins their lawsuit!

MARK: Say no more! I see where you are going with that scenario. Wow ... I had no idea that pressure ulcers could be such a pain in the butt ... pun intended! (Laughs)

JILL: Yes, they can be. But the good news is that most pressure ulcers are preventable! That is why this course was developed – to remind nurses about the importance of preventing pressure ulcers, and to enhance their knowledge and skills to do so.

1.5 Purpose

Purpose of the Course

Goal:
Reduce PU incidence and impact

Objectives:

- *awareness and concern*
- *recognition & classification*
- *risk-assessment skills*
- *prevention care plan*
- *treatment methods*



Narration

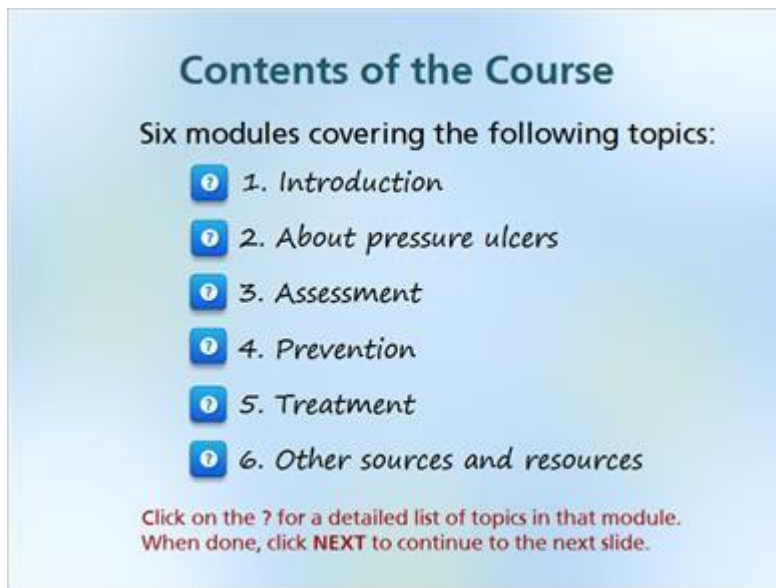
MARK: Okay, you have more than convinced me on why we need a pressure ulcers course! So what do we want this course to do?

JILL: The overall goal of this course is reduce the incidence and negative impacts of pressure ulcers in the healthcare system.

MARK: I assume that the objectives are to provide nurses with the knowledge, skills and competencies to assess, prevent and treat pressure ulcers?

JILL: Yes, that's about it. The first objective is to increase awareness of the problems that pressure ulcers cause. Hopefully this will motivate healthcare providers to do something about it. The second objective is to provide knowledge about how to identify and classify pressure ulcers. The third objective is to enhance the risk-assessment skills so that nurses can identify those patients and residents most at risk for developing pressure ulcers. The fourth objective is to help nurses prepare and implement a prevention care plan for those at-risk individuals. And, the final objective is to teach about the most current and effective methods used for treating pressure ulcers.

1.6 Contents



Contents of the Course

Six modules covering the following topics:

1. Introduction
2. About pressure ulcers
3. Assessment
4. Prevention
5. Treatment
6. Other sources and resources

Click on the ? for a detailed list of topics in that module.
When done, click **NEXT** to continue to the next slide.

Narration

MARK: What topics are covered in this course?

JILL: Here is the content list. Mark, why don't you help me describe the various modules.

MARK: Sure. Module 1 is the Introduction ... which is what we are doing now.

JILL: And Module 2 is about pressure ulcers. We will talk about such things as definitions, causes, classifications, risk factors and implications.

MARK: Module 3 is about assessing pressure ulcers and will include topics on care plans, skin assessment, documentation and reporting, and risk assessment tools.

JILL: Module 4 is about preventing pressure ulcers. Some of the topics will include skin inspection, documentation, nutrition, repositioning, support surfaces, managing moisture and skin care supplies.

MARK: Module 5 is about the treatment of pressure ulcers. Topics will be repositioning and support surfaces, cleansing and debridement, dressings, nutrition, infections, pain management and surgery.

JILL: And finally Module 6 contains the learning games and exercises, glossary, final exam, links and references.

You can view a list of topics in each module by clicking on the question mark icon in front of each module. When you are done viewing the topics, click on the NEXT button to continue to the next slide.

1.7 Components



Narration

MARK: Jill ... there IS more to this course than just having the nurses listen to you and me?

JILL: Yes there is, Mark. In addition to our narrated video presentations, there will be a quiz at the end of each module to assess their understanding of the topics covered. For auditory learners, there are podcasts of each of our presentations. There are handouts for each module to make it easier to follow along, or learn offline. To make things a bit more interesting, there are also learning games and other interactive exercises. If a nurse is using this course for her or his professional development or continuing education credits, there is a final examination. Finally, this course is not the only source of information on pressure ulcers. We have included some links and references to some other very good resources.

MARK: Great! It appears that this course has a variety of approaches to learn about pressure ulcer. Good thing ... I don't want to feel solely responsible for their learning success. (Chuckles)

JILL: Me neither.

1.8 Tips for Learning



Narration

JILL: Finally, we would like to give our learners some suggestions about ways to get the most from this course. Our first recommendation is to use the player controls smartly. You can Pause a slide, Replay it, or use the menu to go directly to another slide. The player features give you total control over the pace and direction of your learning! Take our one-minute tutorial to familiarize yourself with the player controls.

MARK: Our second suggestion is that BEFORE you view a video, print out the handout for that Module. The handout provides you with a copy of the slides and our narration. This makes it easier for you to follow along. Remember you can Pause the presentation if you want to review what we said, or to make notes.

JILL: There is a lot of information in this course! Do not try to do the course all at one sitting. We learn better, and remember more, if we pace ourselves. Being online, this course and its components are available at any time and at any location where there is an Internet connection.

You can also download the podcast for offline listening. Learn at your own convenience and at a pace that is most comfortable for you.

MARK: You will learn more successfully if you do more than just listen to us! Be sure to do the quizzes, games and interactive activities we have included in this course. They are fun, engaging and will help you learn better and remember more!

JILL: Finally, unless you are a pressure ulcer or wound expert, you will need to continue your learning. So we strongly recommend that you periodically return to repeat parts of this course. Review will be especially useful in those areas where you are having problems or feel you could do better. Do the quizzes or final exam to periodically assess your pressure ulcer knowledge.

MARK: Hey Jill. Those are some pretty good tips!

JILL: Yes, they are. I hope that people will keep them in mind as they work through this nursing pressure ulcers course.

1.9 Summary



Narration

JILL: This brings us to the end of this presentation. Mark, why don't you briefly summarize what we covered in this Introduction?

MARK: Sure, I would be happy to do that. We started out by discussing what pressure ulcers are, and how they are caused. We then took a look at the professional, financial and legal reasons why it is important to prevent pressure ulcers. However if pressure ulcers do occur, we need to treat them quickly and effectively.

We then covered the goal and objectives of this pressure ulcer course. We described the topics and learning components. We concluded by offering some suggestions as to how nurses can get the most out of this course.

JILL: Perfect! I am Jill ... along with Mark. We will see you again soon!

1.10 The End



Narration

No narration, only music.