Camp Zero: The Power of Education and Prevention Interventions to Achieve Zero Pressure Ulcers

Jacqueline Collavo, MA, BSN, RN, NE-BC, and Julia A. Warner, BSN, RN, CWON
West Penn Hospital, Pittsburgh, PA

Abstract
Nurses and nursing assistants are partners in care, engaging in the journey of exemplary professional practice to achieve the ultimate in skin quality, achievement of zero pressure ulcers. Nurses and nursing assistants are empowered as frontline care providers to impact the maintenance of skin health and pressure ulcer prevention. Education by the Certified Wound Ostomy Nurse (CWoN) to the knowledge of the normal and abnormal elevations, staff confidence to report observations. Education influences accountability of nurses and nursing assistants to collaborate with the CWoN when early signs of an impending pressure ulcer is detected. Camp Zero is the result of timely intervention of prevention interventions. Prevention is key to achieving zero pressure ulcers. Camp Zero is named for education delivered by staff to gain a deeper understanding of pressure ulcer prevention, with the goal of achieving zero pressure ulcers in the acute care population. Training starts at the bedside with engaged, empowered, educated staff nurses and nursing assistants, the two health care team members who see the patient the most. Attending "Camp" is an annual course designed to educate, understand the power of prevention, and to protect healthy skin. Poster presentation will illustrate the effectiveness of the program’s success, reaching the goal of zero pressure ulcers within less than six months, and the sustainability of pressure ulcer quality data that outperforms the national mean.

Background
Patient Safety and comfort is compromised in the presence of a pressure ulcer. Pressure ulcers occur over bony prominences such as the occiput, sacrum, coccyx and heels, where unrelied pressure damages underlying tissue. They can occur under medical devices in the presence of pressure, in combination with moisture and/or friction. Individuals with co-morbid conditions relevant to perfusion, nutrition and sensation magnify the risk of pressure ulcer formation. Hospital acquired pressure ulcers (HAPUs) continue to occur with evidence-based prevention in place, is considered a nurse sensitive outcome, and a reflection of the quality of care provided.

Barriers identified among novice nursing staff and nursing assistants, who are partners in care, included limited knowledge of identification of risk beyond the Braden Score. Accessibility of prevention products on inpatient units, and knowledge of how and when to use them, was lacking. Autonomy initiating prevention measures by non-licensed caregivers was non-existent. The need for frontline enhanced education became clear.

Based on Pressure Ulcer Incidence data trends, the need to elevate frontline staff accountability and knowledge concerning prevention and accurate identification of wound etiology through competency was identified. Accurate wound etiology upon initial assessment is mandatory for data integrity, reflecting the quality of care in our 317 bed tertiary care Magnet® Hospital providing comprehensive clinical services for neonates through geriatrics.

The need was immediately apparent for a clinician-led team to fulfill our commitment to safe, quality and effective patient care. We knew up front everything possible was needed to identify risk, implement timely comprehensive preventive care and continuously monitor the patient response to demonstrate positive outcomes.

Note: Data reflects actual HAPUs accumulated on a unit, stage 3, 4 and unstaged excluding medical device related ulcers.

Goal Statement
The goal of Camp Zero is to actively engage and empower frontline nursing staff in achieving zero patient care and sustaining ZER0 hospital-acquired pressure ulcers (HAPUs) for West Penn Hospital patients.

Interventions

1. January - June 2013
   - Recruit RN Skin Health Resource Champions
   - Camp Zero Wound Ostomy Continence Nurse and Intensive Care Unit Skin Champion
   - Evidence Wound Ostomy Continence Nurse and vendor representative present
2. January - June 2014
   - Camp Zero online education assigned to all newly hired nursing assistants
   - Wound Ostomy Continence Nurse presents unit-based education to critical care staff regarding Support Surfaces
   - Camp Zero Education for nursing assistants
   - Wound Ostomy Continence Nurse and Intensive Care Unit Skin Champion present unit-based education to critical care staff regarding Support Surfaces
3. July - December 2013
   - Camp Zero Wound Ostomy Continence Nurse Prevention Guidelines for Critical Care approved by governing bodies and posted in critical care areas
   - Clinical Practice Shared Governance Council and Chief Nursing Officer approves Skin Health and Prevention Policy
   - Camp Zero Education for nursing assistants
   - Wound Ostomy Continence Nurse presents "Prevention of Heel Pressure Ulcers: Case Study Skin Health Resources Council
   - Wound Ostomy Continence Nurse presents preventive presentative "Medical Adhesive Related Skin Injury" education unit to unit
   - Wound Ostomy Continence Nurse and vendor representative presentative "Use of Air Filled Seating Cushion and Pressure Mapping" education unit to unit
4. July - December 2014
   - "Best Annual Program" consignment beds on site for in time patient use
   - Wound Ostomy Continence Nurse and vendor representative present "Advanced Wound Care Dressing for Pressure Ulcer Prevention"
5. January - June 2015
   - Skin Safe Tips menu circulated bi-monthly to unit managers to share with staff
   - Collaboration with Respiratory Therapy regarding prevention of device injury
   - Camp Zero revised and live presentations given for nursing assistants
   - Air filled seating cushions accessible to Interventional Radiology for positioning high risk patients
   - Intervention Therapy mattress replacement available to address pressure ulcer related to prolonged immobility when transporting patients for procedures.

Educational Presentations by External Experts 2013 – 2015

January 2013
- Susan Greeran, MSN, RN, CWON
  Pressure Ulcer Prevention: Digging Deeper towards an Incredible Minimum
  Virginia Commonwealth University Health System
  October 2013
- Juseem Kearhey, MSN, RN, CWOCN
  Emerging Trends: Pressure Ulcer Prevention in the OR
  Moholyneux Health Care
  April 2014 and November 2014
- C. Todd Brindis, MSN, RN, ET, CWOCN
  Nurse Leading the Charge Toward Mutual Accountability in the Fight Against Hospital Acquired Pressure Ulcers: What Your Chief Executives Need to Know
  Virginia Commonwealth University Health System
  May 2014
- Patricia Turner, BSN, RN, CWOCN
  CWOns Learning the Charge Toward Mutual Accountability in the Fight Against Hospital Acquired Pressure Ulcers: What Your Chief Executives Need to Know
  Virginia Commonwealth University Health System
  May 2015
- P.R.E.S.S.U.R.E - Strategies for Handling It: Medicine Industries

Outcomes

- Acquired Pressure Ulcers: January 2013 - June 2015
  - Jan-June 2013
  - 10
  - Jan-June 2014
  - 4
  - Jan-June 2015
  - 2
- Acquired Pressure Ulcers: July 1, 2013 - June 30, 2014
  - 0

Challenges and Lessons Learned

- Nurse assistant representation on Quality Council
- Inter-professional education by department, including Peri-op, Emergency Department and all procedure areas
- Engage nursing staff in design of creative methods to sustain change and continued quiet for zero pressure ulcers
- Expand WOCN services beyond five day week utilizing skin champions, nursing assistants, and nurse technicians

References


Contact Information
Jacqueline Collavo, MA, BSN, RN, NE-BC: jcollavo1@wpahs.org
Julia Warner, RN, CWON: jWARNER1@wpahs.org

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