

Turning and Repositioning to Prevent Pressure Injuries

WHY FREQUENCY MATTERS

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Why is Turning So Important In Nursing?

- **Prevents pressure Injuries:**

Repositioning reduces prolonged pressure on bony areas, which stops tissue damage before it begins (Langemo et al., 2022, p. 252)

- **Supports skin integrity**

- **Reduces pain and complications**

- **Improves patient outcomes**

- **Is a core nursing intervention**



Importance of Redistributing Weight: Cost and Comfortability

- "Pressure injuries are common, painful and costly." (Langemo et al., 2022, p. 252)
- Those with limited mobility are already in pain and distress.
- Nurses should be able to identify persons who are at greater risks for pressure injuries.



Repositioning for Preventing Pressure Ulcers: a systematic review & meta-analysis

INTRO: Assess turning regimen effects on pressure ulcer (PU) incidence.

METHODS: Review of studies

- Participants: adult w/o existing PU in healthcare setting
- 3 interventions

RESULTS: Significance found in frequency intervention

DISCUSSION:

- 2-3hrs vs SoC (4-6hrs)
- Higher frequency = 25% reduction in odds of PU development
- Duration of pressure exposure must be reduced or PU will occur.

CONCLUSION: Fewer PUs develop when patients are repositioned every 2-3hrs in comparison to 4-6hrs (Avsar et al., 2020).

Application to Nursing Practice

Turning and repositioning patients in the hospital are used in nursing practice to

- **Prevent Pressure Injury**
- **Prevent Pain**
- **Prevent High Costs**
- **Improve patient outcomes**

Nursing application steps



- 1. Assess patients risk of pressure injury**
- 2. Provide skin care**
- 3. Check patient's laying surface**
- 4. Know your frequency in repositioning patient (every 2-3 hours)**
- 5. Educate and encourage patient to do mobility exercises as much as they can.**

ETHICAL AND LEGAL CONSIDERATIONS

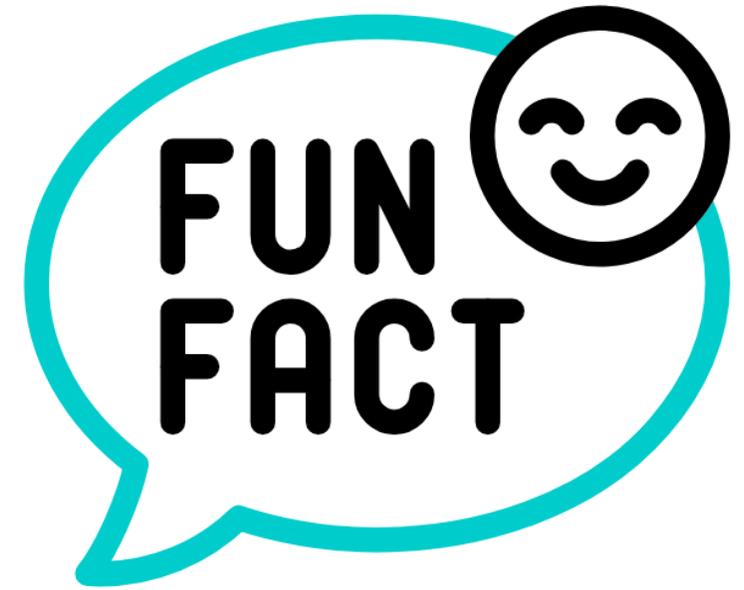
- ❖ **Turning patients every two hours can be beneficial to the patient**
- ❖ **Avoiding PI's can save the hospital/patient money**
- ❖ **Is repositioning the patient while they're asleep necessary?**
- ❖ **Should hospitals have extra mattresses to prevent PI's?**





Repositioning every two hours is more effective than every four hours! (Avsar et al., 2020).

Cost for treatments of PI are high, and they could reach \$30 billion dollars in upcoming years. (Langemo et al., 2022)



- Many soap products are ALKALINE, which can damage skin barrier function, increases risk of infection and skin breakdown (Kirsner and Froelich, 1998)

References

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