

Unit 4: Quality Patient Care
Z-Chapter 22
ONLINE CONTENT (1 H)

Unit Objectives:

- Discuss the use of key indicators to measure performance. (2,3,7)*
- Describe the nurse's role in quality and performance improvement. (3,4,7)*
- Identify tools and processes for continuous quality improvement. (2,3)*

*Course Objectives

Quality Improvement Project

Review chapter 22 and place your answers to the following questions in the Z-Chapter 22 dropbox by 0800 on 2/10/2025.

Pick one topic from the following list:

1. Improving communication about individual patients during shift change. (shift report)
2. Preventing catheter related infections, urinary or central line.
3. Preventing falls and injuries for patients within healthcare facilities.
4. Preventing pressure ulcers for patients within healthcare facilities.
5. Reducing medication errors.
6. Reducing nurse turnover rates.

Answer the following questions as it relates to the topic pick from the list above.

I picked "preventing pressure ulcers for patients within healthcare facilities"

1. Identify problem areas (or causes) associated with the topic and prioritize each identified problem area. (List at least 3)

One cause of pressure ulcers is patients who are bedridden and have limited mobility. Due to this, they are unable to reposition themselves and the prolonged pressure causes skin breakdown. Pressure ulcers can develop on heels, elbows, or the sacrum. A second cause is poor skin care management from nurses and the patient. If the patient is unable to apply skin barrier cream, lotion, or clean themselves it can cause skin breakdown. If the patient is incontinent then the acidity can cause breakdown. If the patient has excessive diaphoresis it can cause moisture which leads to breakdown. A third cause is related to inadequate nutrition. Lack of protein and vitamins can cause delayed wound healing which can make them more prone to skin breakdown.

2. Develop solutions for each problem or cause listed. (Provide at least 3)

A solution for bedridden and limited mobility is having the patients on a strict every 1-2 hours. A pillow rotation can be used to alleviate pressure as well. A pillow under the legs

can elevate the heels, and pillows can be placed under the hips to decrease pressure. A solution for skin management is to provide skin care every time the patient uses the restroom. Using proper perineal care can eliminate the breakdown of the coccyx. Barrier creams can be used. A solution to inadequate nutrition can be to consult dietary to create a nutritional plan. High-protein foods, protein drinks, or dietary supplements can be used.

3. **Identify why these problems might exist.** A staffing shortage causing nurses to take on more of a workload can contribute to skin breakdown. Another issue may be due to patient noncompliance. The individuals may not have adequate knowledge or may be too prideful to allow nurses to help them.
4. **Provide a plan to improve and how to implement the plan. The plan should provide steps for improvement. The implementation should provide a timeline.**
 - Turn and reposition patient q2h or PRN (educate staff and provide a meeting regarding the importance)
 - Head-to-toe skin assessment q4h or PRN (educate staff and provide a meeting regarding the importance, assign a wound care nurse to oversee any skin breakdown)
 - Conduct a nutritional assessment for a patient on admission or PRN
 - Educate the patient and the patient family on pressure wound risk factors and preventative measures on admission and PRN
 - Ensure adequate staff and proper nurse-to-patient ratios on admission
 - Consult dietary on admission
5. **How will you monitor that your plan is effective?** Do daily rounds to ensure staff is doing proper skin assessments, regular toileting, and frequent repositioning. Review charting and track compliance with scheduled assessments. Conduct monthly meetings that encourage staff feedback and involvement regarding pressure ulcers. The number of pressure ulcers in a healthcare facility can be tracked before and after the changing were implemented.

Please be prepared to share and discuss your answers in class.

In order to receive full credit (1 H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignments not completed in its entirety by the assigned due date and time will result in missed class time.