

**The Prevention of Pressure Ulcers: Literature Review**

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## **The Prevention of Pressure Ulcers: Literature Review**

A literature review ensures knowledge of and understanding of the most recent studies on a particular topic. Readers should be able to determine previous research and discover more information about preventing pressure ulcers through this literature review. This student chose to research preventing pressure ulcers. The emergence of pressure ulcers can hinder a patient's functional rehabilitation, complicate matters with pain and infection, and lengthen hospital stays. Pressure ulcers are a sign of a bad prognosis overall, and in specific individuals, they may accelerate their death (Ebi et al., 2019). The effects of pressure ulcers on a person and their family are psychological, financial, and social. The expense of treatments is more than double that of prevention measures. Preventing pressure ulcers is primarily the nurses' duty (Ebi et al., 2019). Nursing professionals struggle to prevent pressure ulcers, and their presence is an indication of inadequate medical care.

### **Nurses' knowledge to pressure ulcer prevention in public hospitals in Wollega: A cross-sectional study design**

Werku Etafa Ebi dives deep into the prevention of pressure ulcers. One of the most significant avoidable medical complications of immobility is pressure ulcers. Reducing pressure ulcers is mainly the responsibility of the nurses. This article evaluated Wollega public hospital nurses' knowledge of pressure ulcer prevention. This article identifies areas for action to help avoid pressure ulcers at public hospitals in Wollega zones, including increasing regular, adequate education for nurses on pressure ulcers and their prevention strategies (Ebi et al., 2019).

## **Key Points**

A crucial component of the preventative care route is identifying patients at risk of getting Pressure Ulcers as soon as possible. This article aims to assess nurses' Pressure Ulcer preventive knowledge and identify nurses' perceived barriers to Pressure ulcer prevention. Patients can avoid unnecessary suffering when caregivers always provide the most excellent care to prevent pressure ulcers. The p-value limit for statistical significance is 0.05 (Ebi et al., 2019). This study uses quantitatively in a descriptive multicenter cross-sectional study design by collecting data from 212 randomly chosen nurses using a questionnaire (Ebi et al., 2019). The study compares the average results using means, standard deviations, and frequencies. The study's analysis revealed that 91.5 percent of participants lacked adequate information about pressure ulcer prevention. The three most often reported perceived obstacles to the practice of pressure ulcer avoidance were a lack of pressure-relieving equipment, a shortage of staff, and a lack of training. Increasing regular, adequate continuing education for nurses addressing pressure ulcers and their prevention can improve the prevention of pressure ulcers (Ebi et al., 2019). The results of this study show that most nurses lack the information necessary to prevent pressure ulcers.

## **Assumptions**

In the author's opinion, most nurses lack the expertise to prevent pressure ulcers. Critical strategies to improve nurses' understanding of pressure ulcer prevention include establishing recommendations, including and prioritizing pressure ulcer prevention in nursing curricula, and providing in-service training and frequent training (Ebi et al., 2019). The author believes that the more nurses know about preventing pressure ulcers, the better outcomes will be.

### **Deficit/Conclusion**

This student agrees with the author's thesis. Nurses can decrease the incidence of pressure ulcers by improving nurses' frequent, adequate continuing education addressing pressure ulcers/its prevention principles (Ebi et al., 2019). Some key strategies to improve nurses' understanding of pressure ulcer prevention include giving them the chance to access resources, in-service training/regular training, and incorporating and prioritizing in the nursing curriculum. If nursing fails to accept this line of reasoning, the occurrence of pressure ulcers can increase.

### **Nurses' attitude and perceived barriers to pressure ulcer prevention**

This author, Etafa, studies how nurses' attitudes can cause and affect pressure ulcer prevention. Pressure ulcers are localized skin and underlying tissue damage caused by pressure or pressure combined with shear, typically over a bony prominence (Etafa et al., 2018). A performance indicator of the effectiveness of nursing care and patients' general well-being can traditionally relate to pressure ulcers. This study's objectives were to determine staff nurses' perceived obstacles to pressure ulcer prevention and to examine nurses' attitudes toward pressure ulcer prevention (Etafa et al., 2018).

### **Key Points**

This study includes nurses that work in inpatient units at six randomly chosen public referral hospitals. Three sections comprise the questionnaire used to collect the pressure Ulcer Attitude Test, closed-ended questions, and demographic data. They are utilizing a random sampling table to choose the participants. Results with a p-value of 0.05 or lower were deemed significant (Etafa et al., 2018). The study showed that more than half of nurses had unfavorable attitudes

about pressure ulcer prevention. All patients are at risk of having pressure ulcers, and more than half of the nursing staff (Etafa et al., 2018).

### **Assumptions**

This study also identified the main obstacles to pressure ulcer prevention practice: excessive workload, insufficient staff, or lack of time. Equipment and resources are in short supply (Etafa et al., 2018). The most frequently reported hurdles are a lack of standardized guidelines and inadequate training coverage for pressure ulcer prevention. These things can prevent nurses from having a positive attitude about pressure ulcer prevention (Etafa et al., 2018). Patients will obtain proper preventative care if there is a more positive attitude toward PU prevention.

### **Deficit/Conclusion**

This student concurs with the author's main argument. Negative attitudes can cause an increase in pressure ulcers. Nurses' may not have positive attitudes in practice due to limitations and difficulties, lack of time and staff, training, resources, and guidelines (Etafa et al., 2018). If nursing rejects this line of thinking, pressure ulcers may become more common.

### **Pressure ulcers prevalence and potential risk factors among intensive care unit patients in governmental hospitals in Palestine: A cross-sectional study**

Qaddumi is researching pressure ulcer prevalence and associated risk factors. Pressure ulcers are a severe issue in the medical field. They impact healthcare expenses, patient quality of life, morbidity, and mortality. Becoming more knowledgeable about pressure ulcer screening and preventive actions can decrease the number of pressure ulcers (Qaddumi et al., 2019). Various

risk factors can contribute to the development of pressure ulcers in patients. Important pressure ulcer risk factors include immobility and friction.

### **Key Points**

A quantitative, cross-sectional, descriptive-analytical study was conducted in five government hospital intensive care units. The research examines data from 109 of 115 inpatients (Qaddumi et al., 2019). According to the findings, the number of days spent in the hospital, dampness, and friction is the three main risk factors for forming pressure ulcers. The researchers use data collecting forms with two sections. The patient's characteristics, including age, gender, weight, height, and BMI, were listed in section one. The risk assessment utilizing the Braden Scale is in the second section. The current study demonstrates that friction generated from the sheet's rank in 24.56 percent of patients significantly impacted the growth of pressure ulcers; the p-value is 0.001(Qaddumi et al., 2019).

### **Assumptions**

According to the author, the number of hospital days, friction, and medical equipment like ventilators all impact the prevalence of pressure ulcers (Qaddumi et al., 2019). In this study, shifting postures had a negligible impact on the development of pressure ulcers, which could be due to staff ignorance and a lack of risk assessment tools that led to shifting positions for individuals who already had pressure ulcers while missing those who were at risk. According to the study's findings, hospitals will experience a decrease in the prevalence of pressure ulcers by raising staff awareness of pressure ulcer prevention methods, screening, and assessment procedures (Qaddumi et al., 2019).

**Deficit/Conclusion**

This student entirely agrees with the author's most vital point. By increasing staff awareness of pressure ulcer prevention strategies, screening techniques, and evaluation methods, nurses can reduce the prevalence of pressure ulcers (Qaddumi et al., 2019). If nursing rejects this school of thought, pressure ulcers may become more common. If we do not change things, pressure ulcers will continue to be a significant issue in healthcare.

**Conclusion**

The emergence of pressure ulcers can hinder a patient's functional rehabilitation, complicate matters with pain and infection, and lengthen hospital stays. A part of prevention involves recognizing those who are at risk and taking appropriate preventative action. Pressure ulcers are a sign of a bad prognosis overall, and in specific individuals, they may hasten their death. According to this student, knowledge effectiveness has the most impact on preventing pressure ulcers. Further research on prevention will help future outcomes. Increasing healthcare professionals' knowledge of body mechanics and pressure ulcer avoidance can benefit nurses' health by lowering the overall cost with fewer pressure ulcers. Nurses will have better results if they are more knowledgeable about preventing pressure ulcers (Ebi et al., 2019). By keeping patients safe and reducing healthcare costs, imparting the proper knowledge for pressure ulcer prevention will benefit healthcare.

## References

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