

# Pressure Ulcers F -314: Are you Prepared?

Courtney H. Lyder, N.D.

UVa Medical Center Professor of Nursing

Professor of Internal Medicine & Geriatrics

Chairman, Department of Acute & Specialty Care

University of Virginia

# Pressure Ulcers

- F-314 Overview
- Pressure Ulcer Prevention
- Pressure Ulcer Management
- Scope and Severity

# F-314 Overview

- 3 year process
- Multidiscipline
  - Beverly Cullen, Project Officer, CMS
  - CMS Surveyors
  - State Surveyors (3)
  - Clinicians (Elizabeth Ayello, PhD, FAAN, Courtney Lyder, ND, GNP, FAAN)
  - AMDA Representative

# F-314 Overview Continued

- Objective – Re-interpret pressure ulcers to provide better guidance to surveyor community
  - Decrease variance between and within states
  - Update guidance with current practice
- 2 public comment periods
- Live broadcast –  
[www.cms.internetstreaming.com](http://www.cms.internetstreaming.com)

# F-314 Intent

- Promote the prevention of pressure ulcer development
- Promote healing of pressure ulcers that are present
- Prevent development of new pressure ulcers

# Avoidable vs. Unavoidable

- Avoidable – Pressure ulcer developed and facility failed to do one or more:
  - Evaluate clinical condition &/or risk factors
  - Defined/implemented interventions  
CONSISTENT with resident needs, goals
  - Recognized standards of practice (AHCPR, AMDA, WOCN, current literature)
  - Monitor and evaluate impact of interventions
  - Revise interventions appropriately

# Avoidable vs. Unavoidable

## Cont'd

- Unavoidable – Resident developed pressure ulcer although facility
  - Evaluated clinical condition and risk factors
  - Defined and implemented interventions consistent with resident's needs, goals
  - Standards of practice
  - Monitored and evaluated impact of interventions
  - Revised approaches appropriately

# Pressure Ulcer Prevention

- Comprehensive Assessment
  - Risk factors (immobility previous ulcers, etc.)
  - Skin assessment
  - Nutrition
  - Hydration
  - Moisture on skin

# PUP Interventions

- General Concepts
  - Resident's choice
  - Resident's advanced directives
- Positioning
  - Bed
  - Chair (Gerichairs)

# PUP Interventions Cont'd

## ■ Repositioning

### – Bed

- 30 degrees maximum
- Postural alignment
- Minimum every 2 hours
- Microshifting should be avoided

### – Chair

- Minimum every 1 hour (15 mins if Resident can be taught)
- Postural alignment
- \*Independent of chair surface

# PUP Interventions Cont'd

## ■ Pressure Redistribution

- Group 1
- Group 2
- Group 3
- Donuts
- Pillows
- Sheepskin, heel and elbow protectors

# PUP Interventions Cont'd

## ■ Nutrition

- Under-nutrition
- Hydration deficits

## ■ Monitoring

- Daily
- Weekly (evaluate)

# Pressure Ulcer Management

- Differentiate ulcer
  - Pressure ulcer
  - Diabetic/neuropathic ulcer
  - Arterial ulcer
  - Venous stasis ulcer
  - Perineal dermatitis

# Exudate



# Diabetic Ulcer



# Arterial Ulcers



# Venous Insufficiency



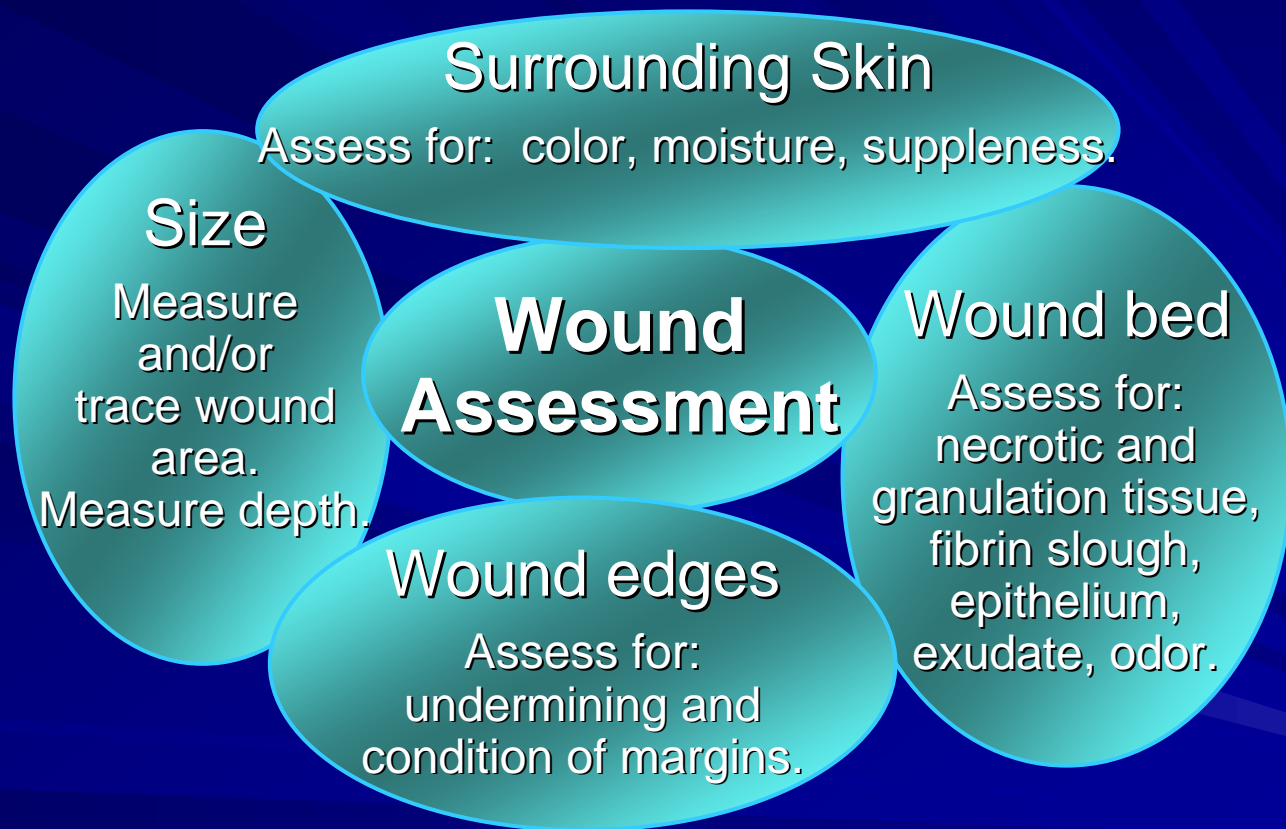
# Perineal Dermatitis & Fungal Infections



# Pressure Ulcer Management Cont'd

- Ulcer Assessment
  - Daily
  - Potential complication
  - Pain/discomfort
  - Location/staging (not partial/full thickness)
  - Size
  - Exudate amount
  - Pain
  - Wound bed
  - Stage

# Wound Assessment Model



# Pressure Ulcer Management Cont'd

- Controlling Bioburden
- Pain management
- Debridement
- Dressings
  - Change depending on wound healing
  - Clean technique during dressing changes
  - w/d in association with debridement
- Monitoring (PUSH Tool)
- Adjunctive therapy

# Scope and Severity

- Level 1 – Eliminated
- Level 2
  - Stage 1
  - Stage 2 receiving appropriate treatment
  - Failure to implement portion of care plan independent of healing

# Scope and Severity

## ■ Level 3

- Stage III
- Multiple Stage IIs
- Facility failure

## ■ Level 4

- Stage IV (development or non-healing)
- Stage III (infected)
- Facility failure

# Resources

- [www.cms.internetstreaming.com](http://www.cms.internetstreaming.com)
- [www.amda.com](http://www.amda.com)
- [www.wocn.com](http://www.wocn.com)
- [www.ahrq.gov](http://www.ahrq.gov)
- [www.npuap.gov](http://www.npuap.gov)

Thank you for your attention.....

