

AN INNOVATIVE APPROACH FOR SACRAL ULCER PREVENTION: AN EVIDENCE-BASED PRACTICE

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Background

- From March 2016 to November 2016, there is 81.8% of sacral ulcer incidence rate in PWH
- ➔ highest among different sites of pressure ulcer development



SUPP

- Collaboration of Nursing Team & Occupational Therapists
- Sacral Ulcer Prevention Program(SUPP) for oncology ward

Target Group

- need prolonged prop-up in bed
- at risk of developing sacral ulcers

AIM

- To determine the optimal prop-up postures and appropriate devices in relieving sacral pressure through pressure measuring devices
- To facilitate staff on selection and application of postures and pressure relieving devices for patients at risk of sacral ulcer development

Methodology

- **6 Cushions** selected were tested for 10 mins in **3 Prop Up Postures** by subjects in different body built.



- Sacral and ischial tuberosity were the target anatomical sites for the measurement of pressure distribution
 - Peak pressure
 - Average pressure
 - Sacral pressure
- Pressure distribution on devices were evaluated

XSENSOR



Low Fowler's Position



Semi-fowler Position

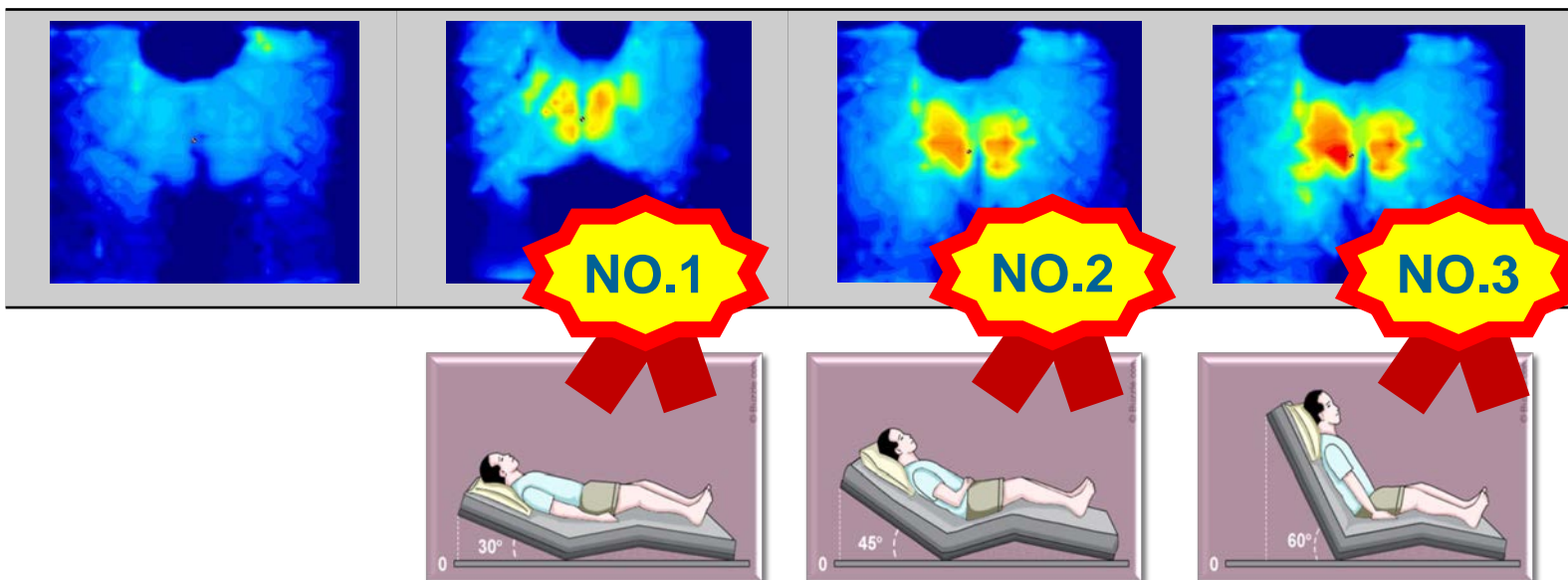
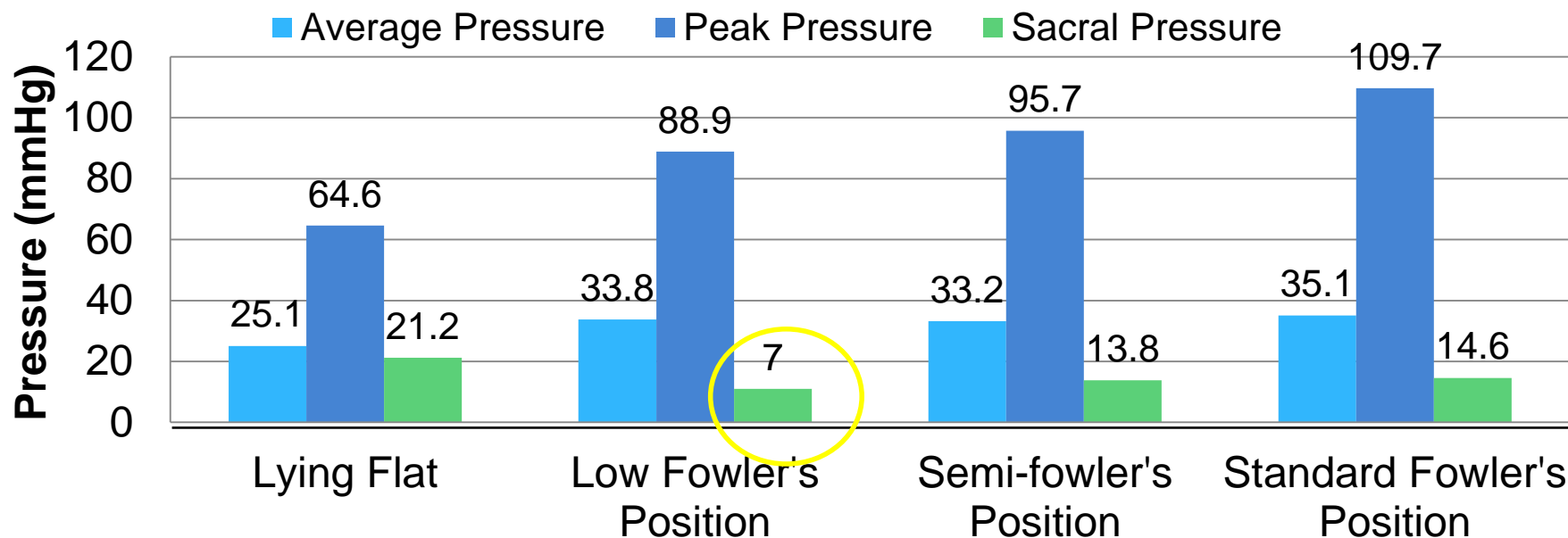


Standard Fowler's Position

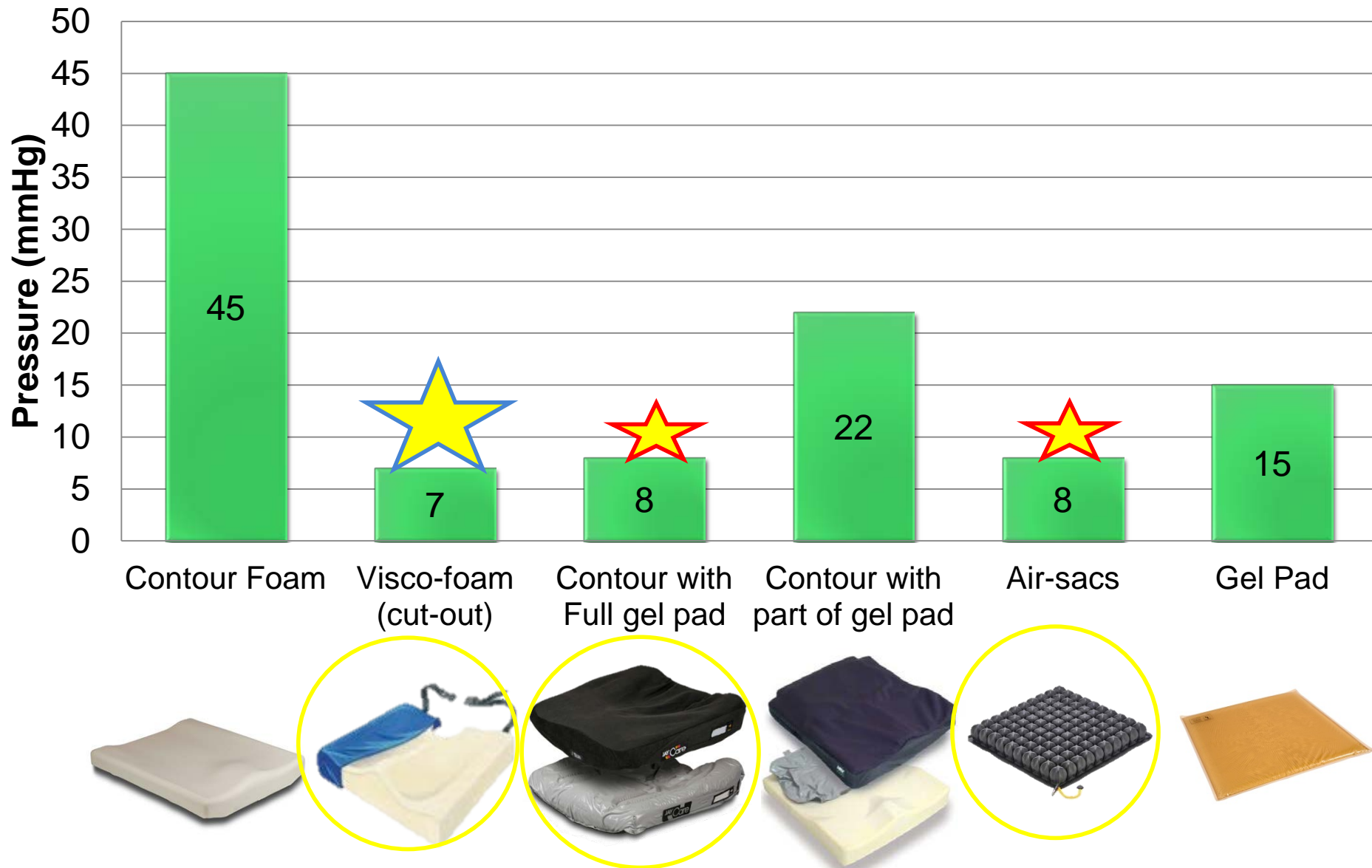


Pressure in Different Prop-up positions

On visco-foam cushion with cut-out design



Mean Sacral Pressure in Low-Fowler's Position



Visco-foam cushion with cut-out design demonstrated the best result in pressure relieving over sacral area, followed by contour cushion with full gel pad and air sacs cushions.

CUE Cards

to facilitate the application of posture combined with choice of pressure relieving devices selected based on our clinical Ax.

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Communication Sheet in Patient Record File

Sacral Ulcer Prevention Program (SUPP) By Nurse and Occupational Therapist					Gum Label
Prop up posture	Seat Cushion	Calf Support	Wedge Support	leg Support	
					
1/2/3/4/5/6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
*Please ✓ the suggested device given to patient.			Program Start Date: _____		
Acknowledged by Nurse _____			Occupational Therapist: _____		
In case of enquiry, please contact Occupational Therapist,					
Ms Ashley Ng (Ext 6612) / Sylvia (Ext 6478) / Teresa Leung (Ext 6464)					

- Additional assistive devices were selected according to individual risk factors and needs.

Case Illustration

No .1 with knee straight was selected for patient with lower limb but active for ADL.

No .4 with knee bend were decided for patient without lower limb edema and leg support for difficulty to self maintain proper position while sliding down.



OUTCOME MEASURE

1. Patient satisfaction and feedback

- Before Application of Device
- Post Application of Device

- Degree of symptom relief
- Degree of comfort
- Degree of stability
- Overall satisfaction
- Tendency for future use

Prince of Wales Hospital
Sacral Sore Prevention Program (SSPP) for
Oncology In-patient Ward

GUM LABEL

病人問卷 (Patient Evaluation Form by Occupational Therapy)

		使用前	使用後
	日期		
幫助減輕臀部及尾龍骨不適 Reduce sacral discomfort	1. 你覺得極不能幫助減輕不適		
	2. 你覺得不能幫助減輕不適		
	3. 沒有意見		
	4. 你覺得少少可以幫助減輕不適		
	5. 你覺得非常可以幫助減輕不適		
舒適程度 Comfort	1. 你覺得極唔舒服		
	2. 你覺得少少唔舒服		
	3. 沒有意見		
	4. 你覺得舒服		
	5. 你覺得非常舒服		
平穩程度 Stability	1. 你覺得極唔平穩		
	2. 你覺得唔平穩		
	3. 沒有意見		
	4. 你覺得少少平穩		
	5. 你覺得非常平穩		
滿意姿勢程度 Satisfaction	1. 你極唔滿意你坐床的姿勢		
	2. 你唔滿意你坐床的姿勢		
	3. 沒有意見		
	4. 你少少滿意你坐床的姿勢		
	5. 你非常滿意你坐床的姿勢		
希望繼續建議的坐姿或 使用輔助用具 Future usage	1. 極不希望繼續使用		
	2. 不希望繼續使用		
	3. 沒有意見		
	4. 少少希望繼續使用		
	5. 非常希望繼續使用		
其他意見 Other Comment			
未能回答，原因:			

OUTCOME MEASURE

2. Monitor patients' prop up posture in bed daily

- Body kept in midline, not leaning to either side or forward
- Hips positioned well in bed or with seat cushion
- Lower limbs well supported
- Proper use of assistive device

Prince of Wales Hospital
Sacral Sore Prevention Program (SSPP) for
Oncology In-patient Ward

GUM LABEL

Prop up posture suggested

1/2/3/4/5/6



Aids provided



Norton Score: ___ BMI: ___ ☐ DM ☐ Generalised edema * Program End Date: ___ (___ days)

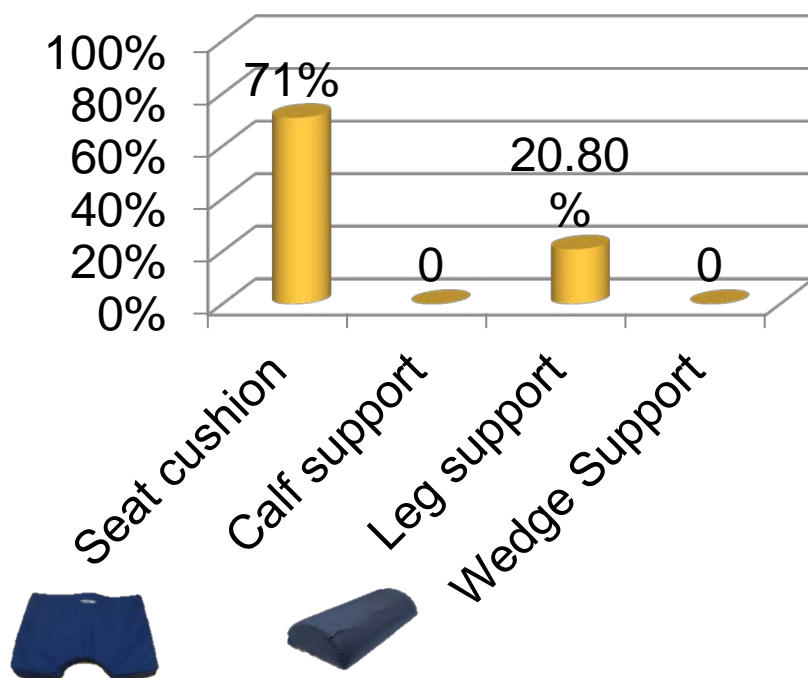
坐床姿勢評估 (Prop up Posture Assessment)

			使用前	使用後					
日期									
上身身軀	正中								
	稍微偏側								
	嚴重偏側								
臀部	正中								
	稍微偏側								
	嚴重偏側								
臀部	沒有向前移								
	稍微向前移								
	嚴重向前移								
雙腳	正中								
	稍微偏側								
	嚴重偏側								
1.坐墊位置貼住床背	<input checked="" type="checkbox"/> 是 <input type="checkbox"/> 不是 N/A-不適用								
2.小腿腳墊在膝下位置									
3.腳掌墊放在能承托腳掌的位置									

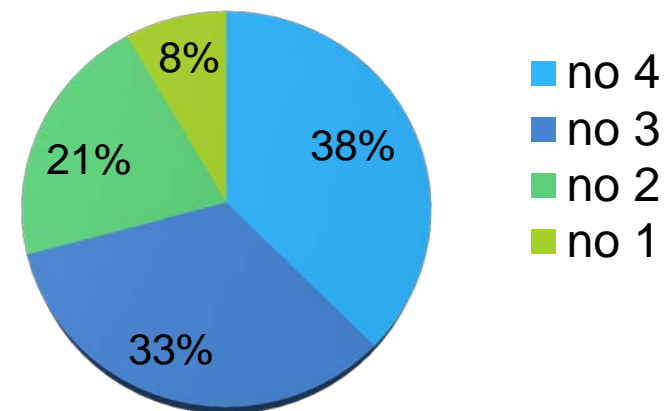
Clinical Implementation

Pilot Phase, from Nov 2016 till Mar 2017.

Frequency of aids use



Choice of prop-up postures



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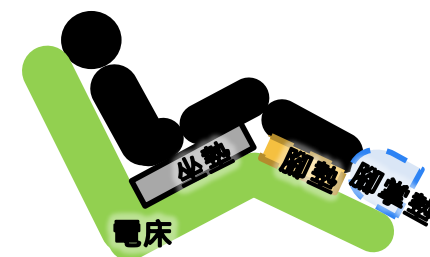
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Way Forward

- Further test on other pressure relieving devices, e.g. ripple mattress
- For other clinical conditions in medical wards
- To modify the postures for clinical application



END
THANK YOU!