**POLICY: PRESSURE SORE PREVENTION PROGRAM**

It is the policy of Winning Wheels, Inc. that upon admission, each resident is assessed for pressure sore potential by a licensed nurse.

The Pressure Sore Risk Evaluation utilizes a numerical value to determine level of risk. Once the risk level is determined, the appropriate preventative measures are incorporated into the resident’s care plan, and are implemented according to the categories listed below:

I. High Risk Program- Score: 21-33 current ulcer as assessed by a licensed nurse, and/or previous pressure sore, Stage II or higher, in the past year.

Pressure Relief/Skin Integrity Measures:

1. Turn or reposition approximately every two hours and PRN.
2. Support proper body alignment with pillows or padding if indicated by care plan.
3. Pressure relief mattress on bed, and/or cushion in wheelchair as indicated. Air mattress overlay on bed if indicated.
4. Pad bony prominences (as indicated by care plan) with pillows, and/or sheepskin, and/or protection aids.
5. Proper skin/pericare as necessary.
6. Routine skin checks per care plan.

Mobility:

1. Assessment for needs/ability referral if the Interdisciplinary team to the Rehabilitation Department on admission and reviewed quarterly at Care Plan, unless change in condition noted.
2. Range of motion program as ordered by the attending physician or established by Physical Therapist.
3. As appropriate and per resident preference, provide a daily nap for residents with Pressure sores located on back, coccyx or ischial tuberosity. Position on left or right side, unless contraindicted. Some residents may require a nap in the AM or PM.
4. Ambulation, exercise groups, Health and Fitness as tolerated, and as indicated on the care plan.

Nutrition:

1. Nutrition assessment by Dietitian on admission and reviewed at quarterly Care Plan, and more often if necessary.
2. Determine protein consumption.
3. Recommendation by Dietitian of protein needed.
4. Review RD recommendations with physician.
5. Implement hydration plan on care plan per RD recommendations.

**POLICY: PRESSURE SORE PREVENTION PROGRAM** cont.

Continence:

1. Evaluate need to address incontinence. 1. Retraining 2. B&B program as indicated

II. Moderate Risk Program- Score 11-20 as assessed by licensed nurse.

Pressure Relief/Skin Integrity Measures:

1. Turn or reposition approximately every two hours and PRN
2. Support proper body alignment with pillows or padding if indicated by care plan.
3. Cushion in wheelchair as indicated.
4. Pad bony prominences (if indicated by care plan) using pillows, sheepskin, or bath blankets, and/or protection aids.
5. Proper skin/pericare as necessary.

Mobility:

1. Assessment for needs/ability per referral of the interdisciplinary team to the Rehabilitation Department on admission and reviewed at quarterly Care Plan unless change in condition is noted.
2. Ambulation, exercise groups, Health and Fitness as tolerated, and as indicated on the care plan.
3. Range of motion program as ordered by the attending physician or established by the physical therapist.

Nutrition:

1. Nutrition assessment by Dietitian on admission and reviewed at quarterly care plan, and more often if necessary.
2. Nutritional support (e.g. extra protein, snacks, supplements) established by the RD, and/or ordered by the physician.
3. Review Dietitian’s recommendations with physicians.
4. Push fluids.

Continence:

A. Evaluate need to address incontinence.

* 1. Retraining
  2. B&B program, as indicated.