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Point Prevalence of pressure ulcer among admitted patients in a tertiary spinal cord injury care hospital

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Introduction: Pressure ulcer (PU) is a global problem concerning the bedridden, debilitated and malnourished patients in hospital setting and a most serious health issue for patients with spinal cord injury. As per NPUAP of US, incidence of bedsore varies from 0.4% to 38% in hospitals.

The object of the study is-

- To estimate the point prevalence of PU in a tertiary care hospital.
- To assess the functional dependence in the activity of daily life amongst the admitted patients with pressure ulcer in a tertiary care hospital.

Material & Methods: A cross sectional survey was conducted using a structured questionnaire on 29th March, 2016. One hundred and forty five patients were studied from spine, orthopedic, neuro medicine, Neurosurgery, medical and surgical units. Katz Index of Independence in activities of daily living was used to evaluate the level of functional dependence of patients in their various activities of daily life. Braden scale was used to assess the risk factors for the formation of PU.

Result: Sixteen percent (23) patients were found to be having PU in different areas with different stages. Most of the patients (87%) were brought with PU from outside. Mean age of the patients was 47.16 yrs. with the range of 22 - 87 years. Most (82.6%) of the patients were admitted through OPD. Maximum patients (87%) with PU were with spinal cord injury. Katz Index of Independence in Activities of Daily Living (ADLs) score was 0.91 with the range of 0 - 6. Mean Braden Scale score was 13.17 with the range from 8 - 17. Sacrum (87%) was the commonest site of development of PU. 17% patients had more than one ulcer. Most of the patients (78%) require assistance to change position whereas 2 hourly position change was done for all the patients (100%). Alternating air mattress was used for all patients with PU (100%). Dressing was done commonly with Betadine (95%), others are Hydrogen peroxide, Autolyzing Cream, Oxum Spay, NS.

Conclusion: Sixteen percent prevalence of PU indicates the need to improve the quality of care in the hospital.

Biography

Ipsita Shee has completed her Master Degree in Nursing at the age of 25 from Rajkumari Amrit Kaur College of Nursing under Delhi University. She is having 4 years of teaching experience. Now she is the educator in Halyard Health, formerly Kimberley Clark.

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