

# 2<sup>ND</sup> ADVANCED NURSING SCIENCE & PRACTICE

April 20-21, 2018 | Las Vegas, USA

## **Saving the big sores – preventing pressure ulcer**

**Karishma Karim Halani**

Aga Khan University Hospital, Pakistan

The most critically ill patients in hospital with several co-morbid, infections, drugs and invasive devices with complete dependence are dealt in intensive care unit. Many of these conditions demand vigorous treatment but one of the basic preventable condition can be pressure ulcers. Pressure ulcers are defined as sores developed on pressure points of highly dependent and bedridden patients. Pressure ulcers persist as a main problem in healthcare system particularly in critical care units. Its occurrence is broadly acknowledged as an indicator for the quality of care. The purpose of this paper was to emphasize on the assessment, significance, risk factors, prevention and recommendations of pressure ulcer. The method used is the literature review. Recent literature from the period of 2015 to 2018 has been used in this review. We used articles from different search engines including Science direct, CINAHL, Pub-MED, and Wiley online library. Our study has indicated that the prevention of pressure ulcers is highly important for patients. Preventive strategies can include educational workshops for healthcare provider highlighting proper skin assessment with relevant stage marking and interventions. Moreover, frequent positioning and back care with proper antiseptic healing cream, wrinkle-free bed sheet, proper utilization of air mattress or low-pressure mattress, adequate hydration and nutrition and minimizing moisture on skin, range of motion should be maximized, and early mobilization should be implemented. It is observed that pressure ulcers are most prevalent yet neglecting part of hospitals. This should be prevented and treated according to specified stages.

k\_halani@hotmail.com