

# **Pressure Ulcers**

## **in the Post-Acute and Long-Term Care Setting**

### **Teaching Slides**

**A Special Presentation for  
Certified Nursing Assistants**



THE SOCIETY  
FOR POST-ACUTE AND  
LONG-TERM  
CARE MEDICINE™

# NOTICE

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- We recognize that people who reside in PA/LTC facilities are residents. Throughout these teaching slides, however, we use the term **patient(s)** because we are addressing individuals within the context of treating a medical condition.
- These teaching slides are for discussion and education **ONLY**.
- Must not be used without consulting and supervision of a qualified physician.
- No liability on usage of this teaching tool on AMDA – The Society for Post-Acute and Long-Term Care Medicine, successors, representatives or officers.
- Does not preclude compliance with State or Federal Laws.
- **NOT A SUBSTITUTE FOR EXPERIENCE & JUDGEMENT OF CLINICIANS OR CAREGIVERS.**
- Are not standards of practice, but help enhance clinicians ability to practice.

# The Society for Post-Acute and Long-Term Care Guideline Domains

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## RECOGNITION

- Identifies the presence of a risk or condition.

## ASSESSMENT

- Clarifies the nature and causes of a condition or situation and identifying its impact on the individual.

## TREATMENT

- The selection and provision of appropriate interventions for that individual.

## MONITORING

- The review of the course of a condition or situation as a basis for deciding to continue, change, or discontinue interventions.



# Definitions

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- Localized injury to skin or underlying tissue
- Usually found over a bony prominence such as:
  - the buttocks, elbows, heels, ischium, medial and lateral malleolus, sacrum, trochanters
- Due to pressure with or without shear and friction
  - Friction, is when two forces rub together, leading to a superficial, partial thickness skin injury that will look like an abrasion.
  - Shear, is when friction is combined with the force of gravity.
  - As the weight of gravity pulls down on the skeleton towards the surface of the bed, skin might be stuck against the mattress due to friction. As the patient slides down, the body vessels in between the skin and the bone can slide and become compressed, stretched and/or torn.

# Incidence of Pressure Ulcers

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- Patients at high risk for pressure ulcers:
  - patients with impaired mobility, or
  - malnourished, or
  - comatose\*
- 70% occur in patients aged above 70
  - **Risk of Death** – 2 to 6 times more in patients with pressure ulcers when compared with patients with intact skin – pressure ulcers occur in sicker patients!

\*Centers for Medicaid and Medicaid Services (CMS) report (April – June 2007).

# Locations of Pressure Ulcers

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- 95% of pressure ulcers develop on lower body
- 65% in pelvic area
- 30% in lower extremities



# Resources and Educational Tools

AMDA – The Society for Post-Acute and Long-Term Care Medicine



[www.paltc.org](http://www.paltc.org)

**Pressure Ulcers and Other Wounds in the PA/LTC Setting Clinical Practice Guideline. AMDA 2017.**

**Pressure Ulcers and Other Wounds in the PA/LTC Setting Pocket Guide. AMDA 2018.**

**Know-it-All Before You Call – Data Collection Cards. AMDA 2016.**

**Know-it-All When You're Call Diagnosing System. AMDA 2011.**

