

Title : Improvement the outcomes of older adults with complex health problems , Rajavithi Hospital.

SuphawadeeChitchanteuk, Department of Nursing , Rajavithi Hospital , Rajathewee, Bangkok, Thailand.

Background:A pressure ulcer is a localized injury that results from unrelieved pressure to the skin and underlying tissue. These ulcers usually occur over bony prominences such as the sacrum, ischialtuberosity, greater trochanters, heels and lateral malleoli. About 70% of pressure ulcers occurred in people over age 65, and they were found in 5-32% of patients in hospitals.Rajavithi Hospital serves 1200 beds and patients at risk of pressure ulcer around 30%. Pressure injury rate were higher than last year , especially in elderly group, increased from 1.42 to 5.42 per patients at risk date. Not only pressure injuries are reflected quality of care which is lower than standard and pressure injury is the key indicators of nursing care at the national level as well.

Objective :To reduce pressure injury in elderly patients and quality improvement .

Materials and methods :Staff assess the patient's risk of pressure damage and match them with the appropriate pressure-relieving equipment to meet their needs. Dynamic devices were used to prevent ulcers in immobilized patients by cleaning and debriding ulcers until granulation tissue was seen. Then dressings were used to maintain a moist wound environment and appropriate dressings were selected based on ulcer stage. During admission we assured patients with pressure ulcers of good fluid, calorie, and protein intake. And with supervisors in evaluating the performance of the nursing profession and the practice of pressure injuries care agencies with older adults patients .Staff tracked and monitored incidence of pressure injuries monthly and meeting to follow up on surveillance and analyzed data, which also provided a platform to present innovations to prevent pressure injuries.

Result :Due to reduction of pressure injury in older adults patients and increasing staff satisfaction , guideline compliance can be increased.

Conclusion : Pressure ulcers can be prevented by the best approach.

Keywords : Pressure injury , Pressure injury prevention , patient safety.