

## SECTION 4 CARE PLANNING FOR PRESSURE ULCER PREVENTION & TREATMENT

This section provides guidance for creating a well-developed, personalized care plan appropriate for each unique health care setting.

Create an individualized care plan for the person with a pressure ulcer and/or at risk of developing a pressure ulcer. Use an interdisciplinary team to address all potential areas of concern and to generate buy in and support from the care team.

It is best to include the individual and/or family members in the care planning process whenever possible.

Once the care plan is developed, the process additionally involves:

- Ensuring oversight for implementation
- Implementing the plan of care
- Communicating the plan of care to direct care staff
- Monitoring the response to the plan of care
- Reassessing and modifying care plan as necessary

### TOOLS IN THIS SECTION:

**Action Plan: Creating an Individualized Pressure Ulcer Care Plan**

### GOALS FOR THIS SECTION:

- 1. Analyze, develop or revise your organization's process for creating a pressure ulcer prevention and/or treatment care plan.**
- 2. Include all parties whose input is necessary to form a comprehensive care plan.**
- 3. Designate a clinical staff person responsible for implementing the care plan interventions.**

## Action Plan: Creating an Individualized Care Plan

| Key Interventions/Tasks  | Action Items | Who is responsible? | Target Date |
|--|--------------|---------------------|-------------|
| <p>1. Meet with an interdisciplinary team to review identified areas of risk from pressure ulcer risk assessment.<br/><i>(Include PT, OT, Resident/family, Dietary, Social Services, Nursing, etc.)</i></p>  |              |                     |             |
| <p>2. For impaired mobility consider including:</p> <ul style="list-style-type: none"> <li>• Assist with turning, rising, repositioning</li> <li>• Encourage ambulation</li> <li>• Remind individual to shift position every 15 minutes while sitting</li> </ul>   |              |                     |             |
| <p>3. For nutritional deficit consider including:</p> <ul style="list-style-type: none"> <li>• Supplements</li> <li>• Feeding assistance</li> <li>• Offer fluids</li> <li>• Dietary consult</li> <li>• Monitor intake/output</li> <li>• Obtain lab values                             <ul style="list-style-type: none"> <li>• Pre-albumin</li> <li>• Albumin</li> <li>• Hemoglobin</li> <li>• Hematocrit</li> </ul> </li> </ul> |              |                     |             |
| <p>4. For exposure to moisture consider the following:</p> <ul style="list-style-type: none"> <li>• Identify and treat causes</li> <li>• Toileting plan</li> <li>• Wet/soiled checks</li> <li>• Hygiene assistance</li> <li>• Moisture barrier product</li> </ul>  |              |                     |             |

## Action Plan: Creating an Individualized Care Plan

| Key Interventions/Tasks   | Action Items | Who is responsible? | Target Date |
|---|--------------|---------------------|-------------|
| <p>5. For pressure redistribution consider adding:</p> <ul style="list-style-type: none"> <li>• Support surface for bed</li> <li>• Support surface for chair</li> <li>• Pressure reducing devices</li> <li>• Check for “bottoming out”</li> </ul>   |              |                     |             |
| <p>6. Other items to address in care plan:</p> <ul style="list-style-type: none"> <li>• Skin inspection frequency</li> <li>• History of previous pressure ulcer                             <ul style="list-style-type: none"> <li>• Site</li> <li>• Stage</li> </ul> </li> <li>• Sensory impairment</li> <li>• Impaired cognition</li> <li>• Fever</li> <li>• Pain</li> <li>• Infection</li> </ul> |              |                     |             |
| <p>7. For the person with a pressure ulcer include the following areas:</p> <ul style="list-style-type: none"> <li>• Wound cleaning</li> <li>• Treatment</li> <li>• Dressing</li> <li>• Debridement</li> <li>• Adjunctive therapy</li> </ul>  |              |                     |             |
| <p>8. Develop a process for communicating care plan details to</p> <ul style="list-style-type: none"> <li>• Direct care staff</li> <li>• Patients/residents</li> <li>• Family members</li> </ul>  |              |                     |             |
| <p>9. Assign responsibility for care plan implementation and monitoring for patient’s/resident’s progress.</p>  |              |                     |             |

