

Abstract

Objective: The purpose of this quality improvement project was to evaluate the impact of implementation of an evidenced-based, standardized skin documentation template and nursing education about hospital-acquired pressure injuries (HAPIs) prevention on the incidence rate of HAPIs in an adult cardiac intensive care unit (ICU).

Methods: The project utilized a pre- and post-test study design. The first component of the intervention consisted of a pressure injury education module with a pre- and post-test. The Pieper-Zulkowski Pressure Ulcer Knowledge Test (PZ-PUKT) was utilized as the pre- and post-test to assess for changes in nursing knowledge about pressure injuries. The second component of the intervention was implementation of a standardized, evidence-based skin assessment template for all new patients to the unit.

Results: A total of 54 nurses were enrolled in the 12-week intervention. Two participants left their employment early in the intervention. Of the initial 52 participants, 33 nurses completed the entire education module, resulting in a 63.46% retention rate. Statistically significant improvement was demonstrated in the final sample (n=33) between the pre- and post-test PZ-PUKT scores (76.18% vs. 79.98%, with a mean difference in summary scores of 3.80%, $p=0.022$). Of note, the pre- and post-test prevention section had a statistically significant difference (80.45% vs. 86.06%, with a mean difference of 5.606%, $p=0.035$). Over the 12-week implementation, there was a 45.31% skin assessment template adherence rate. There also appears to be an overall decrease in the HAPI incidence rate since implementation of these interventions.

Conclusions: This pilot study found these interventions could effectively address HAPI prevention and treatment. Further initiatives should focus on evaluating these interventions without the limitations of a pandemic. These interventions could be adapted to and tested in other ICUs and practice settings.