

STOP THE PRESSURE



The Pledge Wall – Pledge Eleven

11 focus stakeholder groups with direct or indirect influence on patient care, each with stakeholder specific pledges

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The Pledge Wall Stakeholders

- 1 Patients, Families & Carers
- 2 Frontline Clinical Teams e.g. Nurses, Doctors, Allied Health Professionals etc.
- 3 Tissue Viability Nurses
- 4 Chief Executives & Senior Leaders of NHS Provider Organisations
- 5 NHS Commissioners
- 6 Leaders of Care Homes
- 7 Care Home staff
- 8 District Nurses
- 9 Finance Managers/Directors
- 10 Student Nurses
- 11 General Practitioners (GPs)

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The Pledge

Pressure ulcers affect nearly 700,000 people every year. They affect people at all points in the healthcare journey, and research suggests that between 80-95% can be avoided. That could affect as many as 665,000 people and make their healthcare experience pressure ulcer free.

Every healthcare professional can make a difference, every day. There are some professional groups that have an added potential to prevent pressure ulcers – we have named them the ‘Pledge Eleven’. We have suggested some key pledges for each of these important professional groups –practices which if undertaken could prevent someone developing a pressure ulcer. These are ideas to get you started and we want you to pledge other important actions, however small or simple. If you had time for just one pledge it could mean the difference to someone in your care. **What will you pledge?**

All pledges can be uploaded to the NHS Change Day website (www.changeday.nhs.uk) which launches on the 6th November 2013. **So don't delay – pledge today.**

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1 Patients, Families & Carers

As a patient, family member or carer there are 5 simple things you can do while in hospital, community care or in your own home to prevent developing a pressure ulcer:

- **Regularly check your skin. If it is red or sore let someone know**
- Ask your health care professional to assess if you need any pressure relieving equipment or products to protect your skin
- If you are able to move try to change your position regularly by changing your position
- When you're unwell or immobile going to the toilet can be difficult. Ensure that you are clean and dry and don't be afraid to ask for help
- Eat and drink well, your body needs to repair itself. As a family member or carer ask when your loved one last had something to eat or drink

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2 Frontline Clinical Teams

You assess, monitor and support patients, and have a vital role in pressure ulcer prevention. Pledge to learn about and test the **SSKIN** tool (more details can be found at www.stopthepressure.com):

- **Assess the patient for pressure ulcer risk using Waterlow or other appropriate tools and communicate this with the patient and your colleagues**
- **S**urface: make sure your patients have the right support
- **S**kin inspection: early inspection means early detection. Show patients & carers what to look for
- **K**eep your patients moving
- **I**ncontinence / moisture: your patients need to be clean and dry.
- **N**utrition / hydration: help patients have the right diet and plenty of fluids. If you are concerned contact your dietician

Make sure you know who your Tissue Viability team contact is and ensure you have received the latest training.

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3 Tissue Viability Nurses

As a specialist nurse pledge to ensure that your knowledge and expertise is used to empower and train other healthcare professionals with the skills to make a difference in reducing pressure ulcers. You can start by:

- **Organising a celebration day to share the work you have already done and to engage staff in your organisation to reduce pressure ulcers**
- Introduce a buddy/link nurse system for wards and teams to support prevention and detection. Ask for a non-executive and governor buddy/link
- Working with one ward and one community team, teach them how best to prevent pressure ulcers and ask them how you can support them to achieve a reduction aim.
- Disseminate key learning across your organisation i.e. trolley dashes, road shows, trust events and workshops

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4 Chief Executives and Senior Leaders of NHS Provider Organisations

As leaders you are role models. You are responsible for the culture in your organisation. Pledge to make a difference to your patients:

- **Ask to speak to a patient with a category 3 or 4 pressure ulcer and ask the patient what it feels like. Share this experience with the Trust Board/Senior Team in the form of a patient story**
- On your next patient safety walk around ask staff how long it has been since their last pressure ulcer incident and encourage them to continue to report incidents
- Spend half a day with your Tissue Viability team to understand what the **SSKIN** care bundle is and how to use it. Support them by asking them what they need to reduce pressure ulcer across your health economy
- Ensure you understand your data (incident reports, prevalence and incidence in the [NHS Safety Thermometer](#)) and share findings and good practice with the Board
- Work with frontline teams to set a pressure ulcer improvement goal for your organisation as part of your Quality Account

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5 NHS Commissioners

As Commissioners you have the opportunity to ensure that pressure ulcer prevention is 'hard wired' into commissioning agreements with NHS providers and that prevention is 'joined up' across the entire health economy. Pledge to:

- **Ask to visit a patient with a grade 3 or 4 pressure ulcer and ask them how it feels. Feedback their patient story to improve experience**
- Demonstrate your commitment to supporting the reduction in pressure ulcers by visiting trusts and asking them how you can support them
- Support your organisations in delivering the NHS Safety Thermometer CQUIN goal of a 50% reduction in pressure ulcer prevalence by regularly reviewing progress in partnership with the organisations
- Ensure you understand the data (incident reports, and prevalence and incidence in the [NHS Safety Thermometer](#)) and how you can use it to support commissioning

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6 Leaders of Care Homes

Nationally we know that the prevalence of people with pressure ulcers is higher in care homes than in hospital settings. As leaders you are role models. You are responsible for the culture in your organisation. Pledge to complete make a difference to your residents:

- **Go and speak to a resident with a category 3 or 4 pressure ulcer and ask them what it feels like. Feedback to your team plans to improve the patients experience**
- At your next meeting ask staff how long it has been since their last pressure ulcer incident in the home and encourage them to report incidents
- Survey five members of staff and ask them if they understand what the **SSKIN** care bundle is and how to use it. Ensure that all staff are adequately trained in its use
- Ensure you are collecting data on pressure ulcers (incident reports, prevalence and incidents in the [NHS Safety Thermometer](#)). Regularly discuss your data and act upon it
- Work with your staff to set a pressure ulcer improvement goal for your organisation and be ambitious!

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7 Home Care Assistants

Nationally we know that the prevalence of pressure ulcers is higher in community settings than in hospital settings. As a carer you can make a difference to prevent pressure ulcers for every person in your care. Pledge to complete some simple tasks for everyone you see:

- **Check your clients skin daily and if it is sore or discoloured document it and report it to someone senior**
- It's really important people keep moving while in bed or a chair. Encourage clients to change their position as much as possible and assist if appropriate
- If your client is incontinent make sure they stay clean and dry. Assess if they need any specific pressure relieving equipment.
- Offer food and drink to make sure they are eating a balanced diet and drinking as much as possible (as appropriate)

If you think someone has a pressure ulcer, take action. Speak to their GP and other community nursing staff.

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8 District Nurses

You assess, monitor and support clients, and have a vital role in pressure ulcer prevention. Pledge to learn about and test the **SSKIN** tool (more details can be found at www.stopthepressure.com):

- **Assess the client for pressure ulcer risk using Waterlow or other appropriate tools and communicate this with your client and your colleagues**
- **Surface:** make sure your clients have the right support
- **Skin inspection:** early inspection means early detection. Show clients & carers what to look for
- **Keep your clients moving**
- **Incontinence / moisture:** your clients need to be clean and dry. **Nutrition / hydration:** help clients have the right diet and plenty of fluids. If you are concerned contact a dietician

Contact a Tissue Viability nurse either within your team or within your local health economy and ensure you receive the latest training

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9 Finance Managers/Directors

As Finance Manager you have a vital role to play in ensuring your organisation supports staff in delivering care that is free from pressure ulcers. There are some simple actions you can pledge to take to enable your organisation to reduce the number of patients with a pressure ulcer:

- **Ask to visit a patient, resident or client with a category 3 or 4 pressure ulcer and ask them what it feels like. Share the patient experience with your Boards and Senior team**
- Find out how many pressure ulcers you have had in your organisation in the last year and use data to understand the numbers in other similar organisations
- Undertake a collaborative review of pressure relieving equipment in your trust, including how long it takes to get to patients, and feedback to the board
- Work with clinical leads to develop a business case for investing in pressure relieving equipment including a review of the current cost of pressure ulcers in your organisation
- If you have them, support your tissue viability nurses to work across the health economy by asking them what support they need

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10 Student Nurses

As students it is important that you receive the right training and identify good practice around skin integrity and pressure ulcer prevention. You are key to healthcare improvement and it is vital that you question, test new ideas, and learn. Pledge to learn about and test the **SSKIN** tool (more details can be found at www.stopthepressure.com) and apply the **Student SSKIN** which adapts the acronym to outline some simple actions and reminders for students:

- **Shadow: Spend time 'shadowing' a Tissue Viability Nurse**
- **Signs and symptoms:** Make sure you understand the early signs of pressure ulcers to ensure action is taken
- **Knowledge:** keep up to date on practice around pressure ulcer prevention
- **Innovate/Implement:** As you learn you will have new ideas about improving practice. Test them, Learn, and Share.
- **NMC:** nurses are accountable, and it is everyone's responsibility to improve healthcare and prevent unnecessary harm

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11 General Practitioners

Nationally we know that the prevalence of pressure ulcers is higher in community settings than in hospital settings. You assess, care for and support patients every day, and therefore can help prevent even more pressure ulcers. Pledge to complete some simple tasks that could make a difference:

- **Find out more about pressure ulcers and how to prevent them. Learn about the SSKIN tool (more details can be found at www.stopthepressure.com)**
- Know who your local teams are
- Make referrals early
- Think about nutrition and fluids when reviewing high risk patients

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