Nurses and Certified Nursing Assistants Bridge the Pressure Injury Research Practice Gap in Long-Term Care

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Pressure injuries (PI) remain a common problem among geriatric residents in long-term care facilities (LTCFs). More than 95% of pressure injuries can be avoided, yet the prevalence of PIs in LTCFs is nearly 23%. Implementing pressure injury clinical guidelines (PICGs) into practice can reduce PIs, but only 2% of nurses have read PICGs. This quality improvement project addresses the lack of standardized PI training and adherence to PICGs in an LTCF in southern California. The purpose of this project was to develop and explore the impact of a PI educational workshop and PI prevention bundle to increase knowledge and improve adherence to PICGs. The educational workshop targeted licensed vocational nurses, registered nurses, and certified nursing assistants. The primary goal of this project was to prevent facility-acquired pressure injuries. This project used a pre-post-test design, which measured nurses’ and certified nursing assistants’ PI prevention knowledge. Using the Plan-Do-Study-Act model, a one-hour educational PI workshop and a PI prevention bundle was developed and implemented to guide care. The results showed that facility-acquired pressure injuries were maintained at zero throughout the project. Paired sample t-tests were conducted on pre-and post-test results related to PI prevention, which showed increased knowledge scores in all groups. PI workshops combined with a PI prevention bundle can bridge PICGs into practice and prevent new occurrences of PIs. Routine PI prevention education could improve the knowledge and adherence of all clinical nursing staff involved in patient care. The findings of this project can be used to understand the positive impact of PI training and PI prevention in LTCFs and understand the feasibility of PI clinical guideline implementation. More research is needed focusing on PI education and PICG implementation in LTCFs.