

ECON Medicare Centre Pte Ltd – Braddell Karen April Daguio Arsitio, Recabar Shandriah Silveo

Introduction/Background

Pressure injury reflect injuries to both intact and ulcerated skin. It is a localized damage to the skin and underlying tissue as a result of pressure, shear and/or friction (NPIAP, 2016). Pressure injuries can be a significant concern in nursing homes as these take a long time to heal which may affect residents' quality of life, causing pain, sleep and mood disturbance, adversely affect mobility and increase susceptibility to infection. In February 2022 to October 2022, a significant increase in incidence of pressure injury was identified at ECON Medicare Centre – Braddell, with a mean percentage of **133.33%** and pressure injury rate of up to **2.08** in June 2022. Prevention of pressure injury has been therefore a fundamental challenge.

Goal/Objective

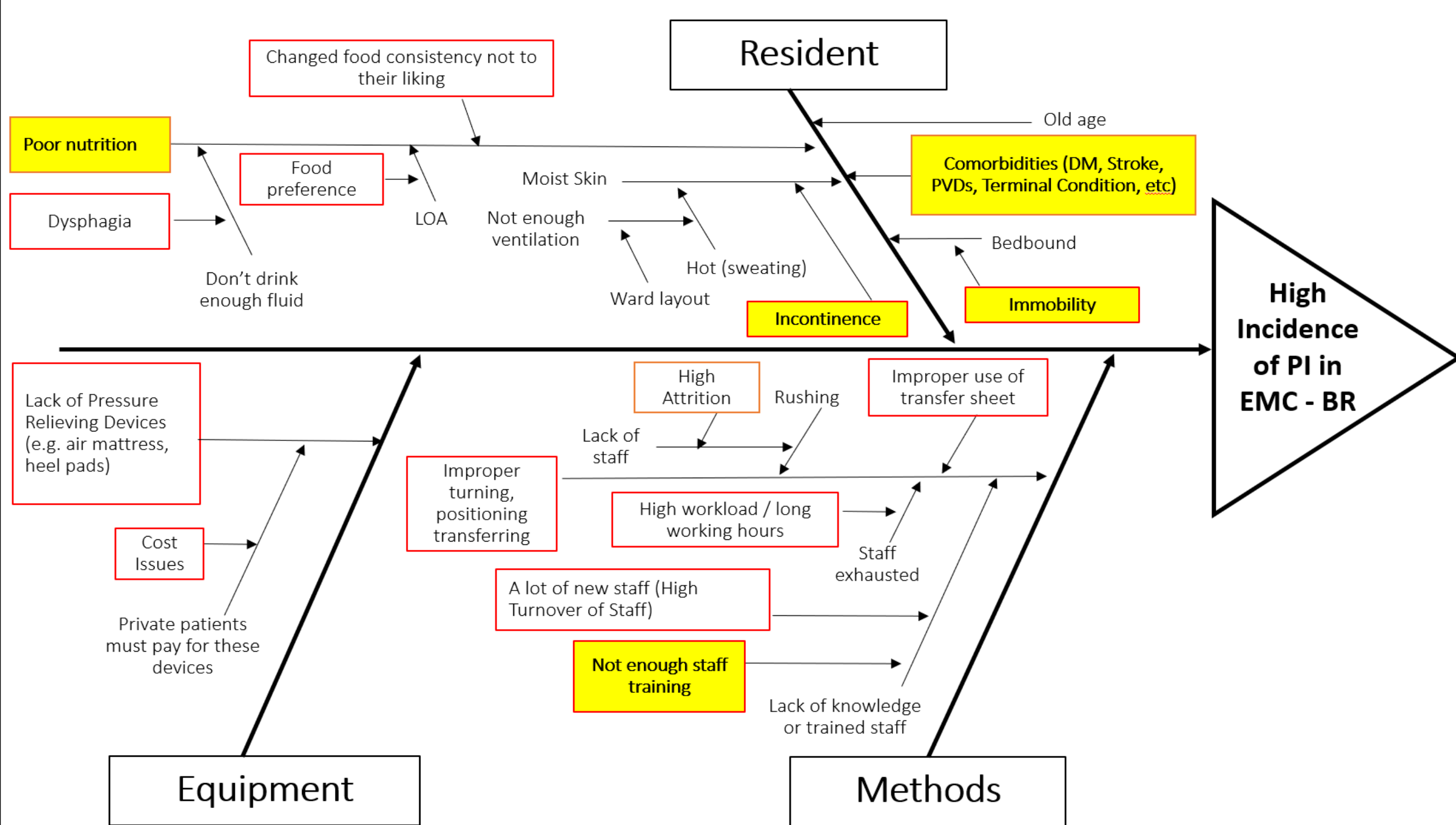
A Pressure Injury Prevention Team was formed in Nov 2022 in ECON-Braddell. With guidance from AIC, the pressure injury prevention project was initiated which aims to:

- 1) reduce mean percentage of newly developed pressure injuries in Jasmine Ward by 50% from 44.44% to 22.22% by July 2023;
- 2) reduce mean percentage of newly developed pressure injuries in pilot ward (Jasmine Ward) and spread wards (Orchid, Sunflower and Carnation Wards) by 50% from 133.33% to 66.66% by March 2025;
- 3) implement pressure injury preventive strategies in ECON - Braddell and reduce average pressure injury rate by 50% from 0.68 to 0.34 by March 2025.

Problem Analysis

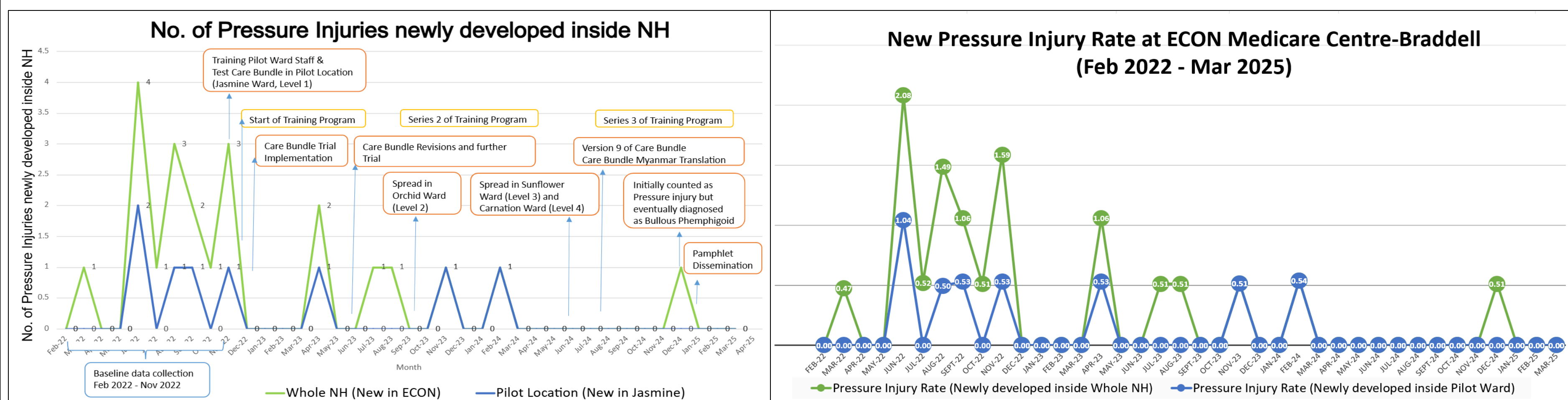
After brainstorming using the Root Cause Analysis (RCA) and 5 Whys, the team identified the causes and risk factors that have led to the high incidence of pressure injuries.

With multiple PDSA cycles and case studies, the team constantly reviewed the fish bone diagram and identified core factors that the team worked on.



Benefits/Results

The project was periodically implemented from pilot ward to spread locations from Nov 2022 to Mar 2025. Goals were achieved with 50% reduction in mean percentage in Jasmine ward from **44.44% to 22.22%** in July 2023 and 74.49% reduction in pilot and spread locations from **133.33% to 34%** in March 2025. The average PI rate has significant reduction of 73.52% from **0.68 to 0.18**.



Implementation Plan

The core of the project focuses on a holistic approach, where we emphasize not only the importance of thorough assessment but also the implementation of effective preventive strategies tailored to individual resident's needs. This approach ensures that both clinical and personal care considerations are addressed.

SOP Review and Revision

- The team conducted literature review and reviewed existing SOP. A revision was proposed and shared with the staffs while gathering feedback. The SOP was revised as per approval by DON/ADON, where it focuses on pressure injury prevention. The workflow was aligned to the care bundle that the team has developed.

Review of Ward Routine

- Staffs' ward routine and work processes were quarterly reviewed to streamline processes, optimize manpower and allow efficiency. It also allows ground feedback and sharing.

Skin Care and PI Prevention Bundle

- The team developed a care bundle which has been through series of trials and revisions since 2023. A clearer and simpler care bundle was finalized on 15 July 2024 after the series of trials and case studies.

Training Program and PI Prevention Pamphlet for Care Staffs

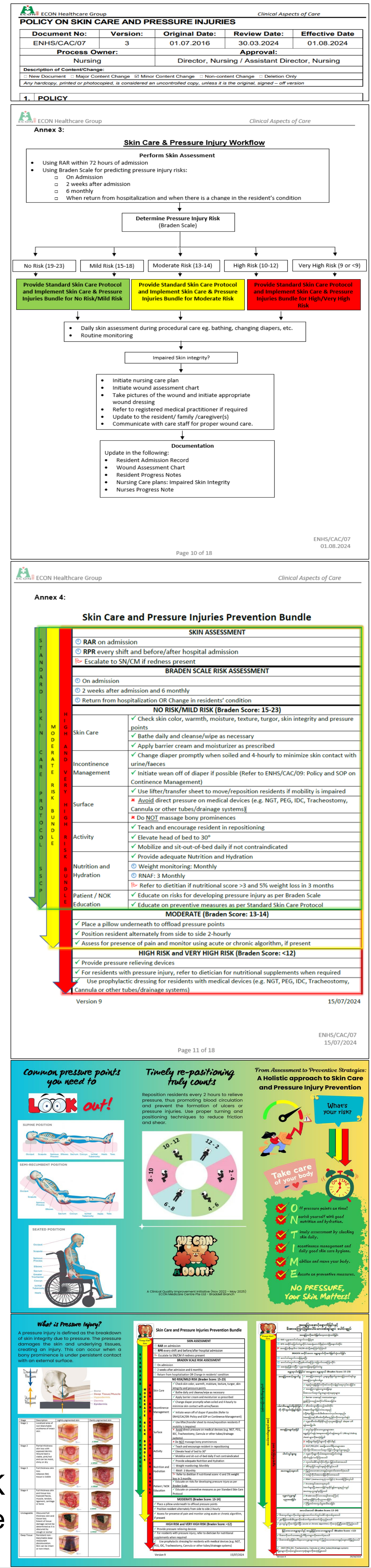
- The team started the training series in Nov 2022 with various topics related to skin anatomy, skin assessment, turning and positioning and topics related to skin care and PI prevention bundle which includes various preventive strategies. Refresher trainings were conducted in 2023 and 2024. To sustain staff's knowledge and awareness, skin care bundle discussion is integrated in the orientation. A pamphlet regarding PI prevention with Myanmar translation of the care bundle serves as an easy and quick reference for our Myanmar colleagues who made up a high number of our care staff.

Review Residents' Nutritional Status

- Review of nutritional status using Resident Nutrition Assessment Form 3-monthly and initiate referral to dietitian for weight loss or referral to ST for dysphagia symptoms that affect oral food intake resulting to poor nutrition.

Family Discussions/Next of Kin (NoK) Education

- Involving families in resident's care and NoK education has been one vital process to ensure engagement and manage expectations.



Sustainability & Reflections

Pressure injury prevention program and its components are core strategies that are fundamentally interrelated. A holistic approach effectively sustain significant decrease in PI incidence in the nursing home and increase in compliance to PI prevention protocols and strategies.

