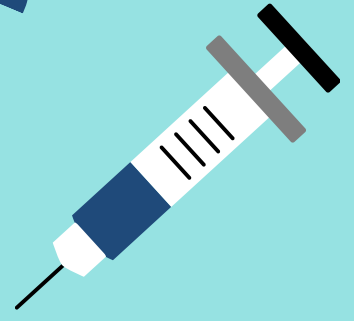


# FACTS ABOUT PRESSURE INJURY IN THE INTENSIVE CARE UNIT



7 facts you need to know

## 1 PRESSURE INJURY IS COMMON IN ICUS

Internationally, about **16 to 25%** of patients in the ICU develop a **Pressure injury**. There is a **10 times higher chance** to develop a pressure injuries in ICU compared to general hospital wards.



## 2 TOP 3 COMMON SITES

In ICU patients the **sacral region, heels and hips** are the most common sites where Pressure injuries present, followed by ears and shoulders.



## 3 HOW TO ASSESS THE RISK?

**Combining clinical judgement and risk assessment scores** is key to identify patients at risk.

Most utilised risk assessment tools are :

Braden scale

Norton scale

Waterlow scale



## 4 RISK FACTORS

ICU patients are **more at risk**, because they have **numerous intrinsic and extrinsic risk factors** including but not limited to

- limited mobility and activity
- mechanical ventilation
- use of vasopressors

## 5 REPOSITIONING

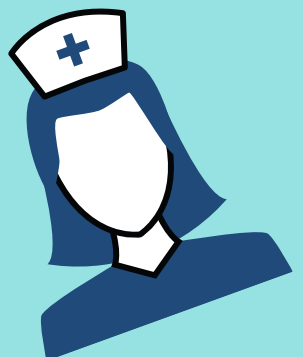
There is **no generally recommended repositioning shedule**. The patient's **clinical condition** determines the frequency, as well as the need for revising the repositioning shedule.



## 6 SHATTERED MYTHS

**Rubbing the skin** is **NOT** a good idea! It can damage the skin due to friction.

The **use of a hairdryer** is **NOT recommended** to avoid moisture, as it creates a dry environment for woundhealing. Do **NOT create floating heels** with **waterbags, sand bags or sponges**, as it **NOT** relieves the pressure.



## 7 KNOWLEDGE AND ATTITUDE

Nurses have an important role in de prevention of Pressure injury.

Generally, there is **room for improving their knowledge** on the topic, but but they have a **positive attitude** toward prevention.

