

**LIVE**

# STOP THE PRESSURE 2020 LIVE WITH TVN2GETHER



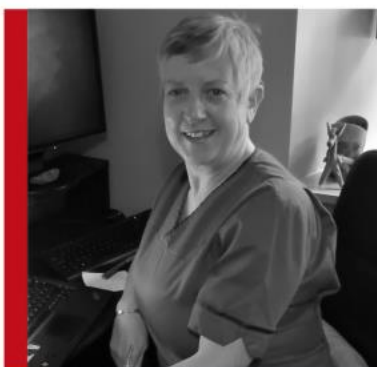
**19 NOV 7:30PM**



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# Paediatric pressure ulcers

**Rachel Allaway**

Tissue viability clinical nurse specialist,  
Great Ormond St Hospital for Children

# Paediatric pressure ulcers



- Pressure ulcer development is often viewed as uncommon among neonatal and paediatric populations
- As survival rates among critically and chronically ill premature neonates and children increase through technological advances, so too does the risk for pressure ulcer formation

# Paediatric skin

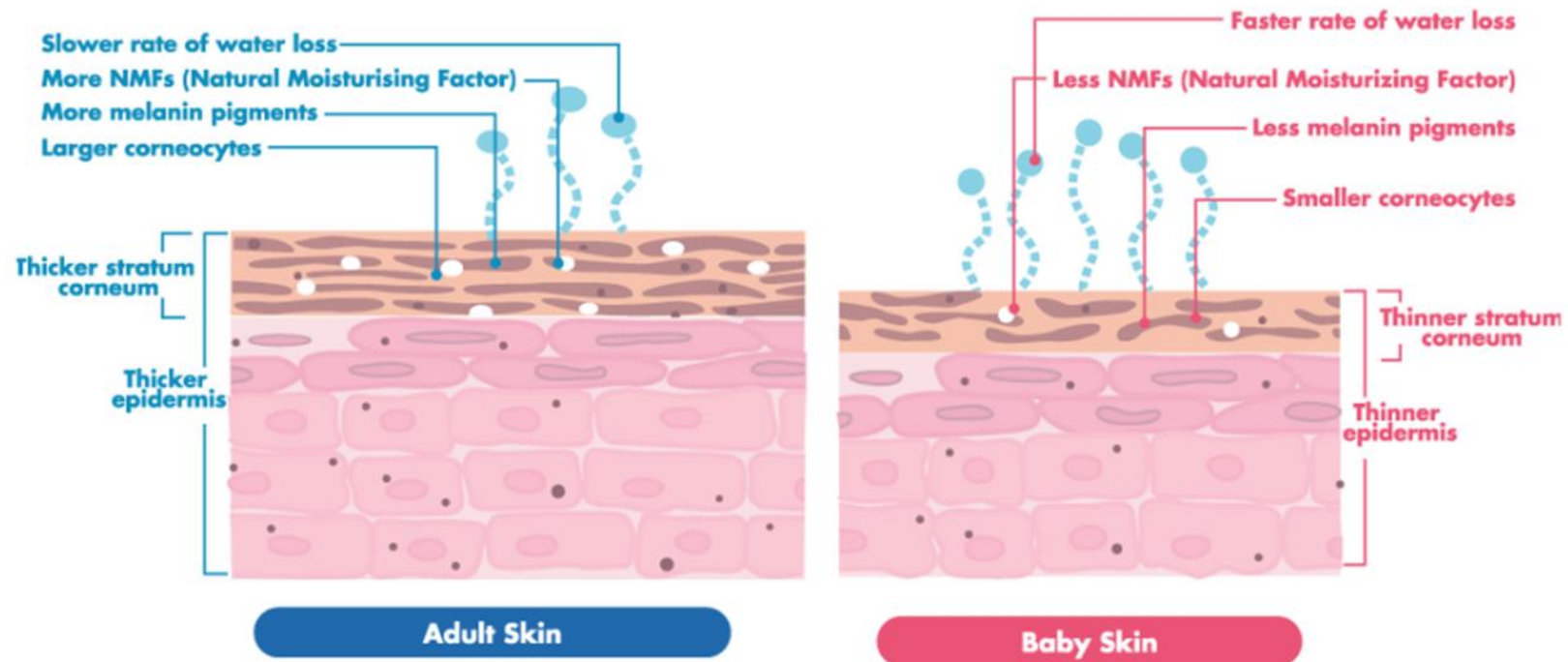


- Young skin looks and functions differently to adult skin
- The self-protection mechanisms prevalent in healthy adult skin are less developed and, as a result, babies and children need special care to keep their skin healthy
- **Remember: children are not just little adults**



# Paediatric skin

## Difference between baby and adult skin



# Paediatric pressure ulcers: challenges



- Paediatrics is a branch of medicine caring not only for infants and children, but for adolescents as well
- This poses additional challenges for clinicians to maintain clinical expertise in a diversity of support surfaces and products to manage neonates to bariatric patients

# Paediatric pressure ulcers: successes



- We are now starting to see innovation in surface design with specialist surfaces for neonates and specialised paediatric mattresses with no minimum weight limit

# Paediatric pressure ulcers: medical devices



- Medical devices secured to the skin or mucosal membranes and compressing tissue are recognised as a risk factor for pressure ulcer development
- It is also widely recognised that paediatric patients are particularly susceptible to device-related pressure ulcers (DRPUs)



# Paediatric pressure ulcers: medical devices



- It is particularly important to assess skin under devices when a patient is developmentally unable to communicate discomfort
- Due to paediatric patients being active or at risk of playing with devices, this can lead to tighter securement leading to higher risk of skin damage

# Take home messages

- Pressure ulcers occur in the paediatric population and can be severe
- With wide variation in patient size, clinicians need to enhance their knowledge of different sized surfaces and pressure ulcer prevention products available
- We need to push industry to look at size variation of patients when designing new medical equipment/devices
- Research is limited in this field and more is required to support and guide practice

# **Assess risk**

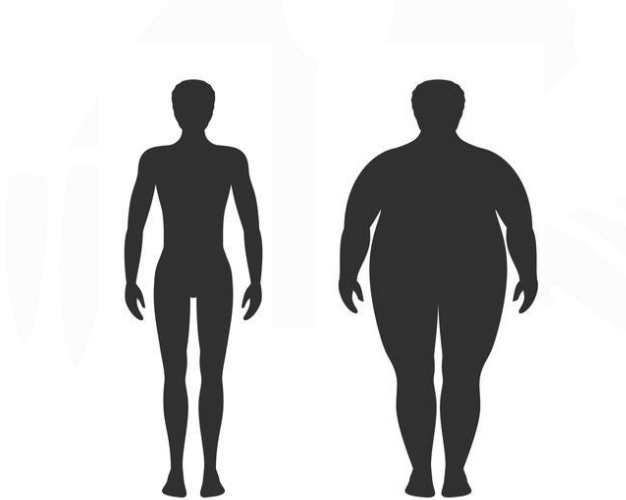
**Siobhan McCoulough**

Tissue viability lead nurse,  
NHS University Hospital Plymouth

# Assess risk

## Challenges in practice:

- Risk assessment tools





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# **Skin inspection**

# Skin inspection



- What to look for?
- Importance of picking up early
- Difference between suspected deep tissue injury (STDI) and category 1 pressure ulcer
- Picking up on brown and black skin
- What training tools will help

# Surface

**Karen Kembery**

Senior clinical nurse specialist,  
tissue viability, Swansea Bay University  
Health Board

# Surface

## Challenges in practice:

- There is a delay in the requested pressure-relieving equipment arriving — what can you do to reduce the risk in the meantime?
- Your patient declines to use the equipment you have recommended — achieving patient activation and concordance



# Keep moving

**Heather Hodgson**

Lead nurse tissue viability acute and  
partnerships, NHS Greater Glasgow and  
Clyde

# Keep moving

## Challenges in practice:

- Managing priorities in the clinical area to allow you to deliver the prescribed interventions, based on the risk assessment, to prevent pressure damage

The image features a white rectangular area in the center, surrounded by a thick border of red and white diagonal stripes. The stripes are oriented from the top-left to the bottom-right.

**Incontinence/  
increased moisture**

# Incontinence/increased moisture

## Challenges in practice:

- Promoting continence instead of managing incontinence
- Barrier products should be applied early enough to prevent rather than treat skin issues
- Misuse of continence containment products



# Nutrition

**Lisa Joyce**

Tissue viability clinical nurse specialist,  
Mater Misericordiae University Hospital

# Nutrition

## Challenges in practice:

- Weight/body mass index (BMI)
- Referrals to dietitians for pressure ulcers
- Equipment (i.e. scales)
- Mealtimes
- Supplements

# **Giving information**

**How to give effective communication to patients, carers and the multidisciplinary team**

**Alison Schofield**

Tissue viability clinical nurse specialist,  
Northern Lincolnshire and Goole NHS Trust

# Our objectives for information giving

- To understand the importance of patient centredness and self-care
- To ensure that patients and carers are able to raise concerns
- To promote health education
- To ensure your teams have right information
- To raise awareness of local and national guidelines
- To demonstrate safety, caring, effectiveness, responsiveness and leadership

# Assess what is the best form of information giving



- Assess appropriate forms of communication to use with patients regarding pressure ulcer prevention and management
- Identify at-risk patients to whom information should be given



# What information do we need to provide?

Provide information to patient/carer on avoiding pressure damage (written, verbal, electronic )

- How to check the skin and what signs to look out for
- Advise patient/carer on use of equipment
- When and how to position change regularly
- Tips and support for continence care

# What information do we need to provide?

- Advise patient/carer on nutrition and hydration
- Ensure understanding of when to raise concerns to appropriate person
- Shared care is key for quality patient care

## What the heck are electrolytes?

Electrolytes help maintain the fluid balance in your body.

### Electrolytes include:

sodium  
chloride  
potassium  
magnesium  
calcium

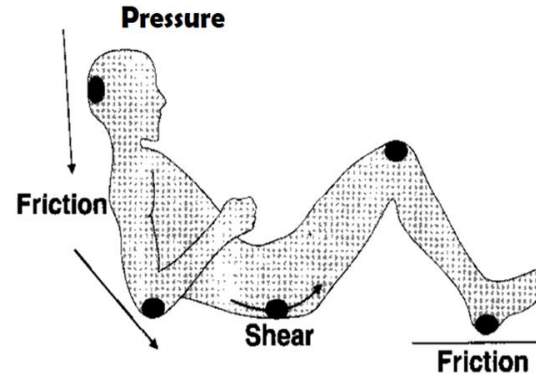


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### Where to find electrolytes:

sodium		pickles
chloride		tomatoes
potassium		banana
magnesium		spinach
calcium		collard greens

When you sweat,  
you lose electrolytes  
which can throw  
things out of balance



## Health Benefits of Protein

Muscle development

Help maintain an ideal weight

Help with bone metabolism

Prevent heart related  
diseases

Control sugar levels

Improved  
immune system

Slow down ageing process

Help in hormone balance

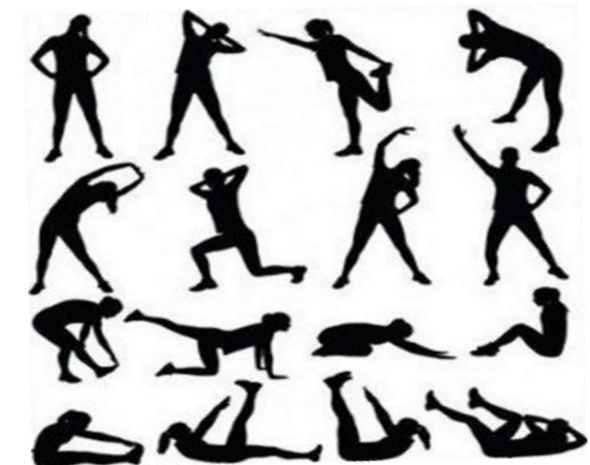
Prevent hair damage

Makes skin healthy

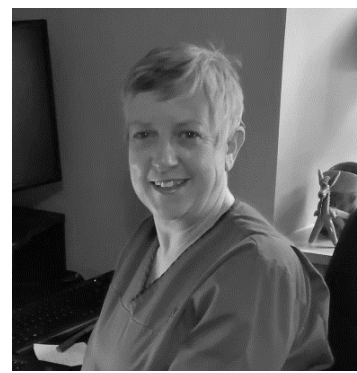


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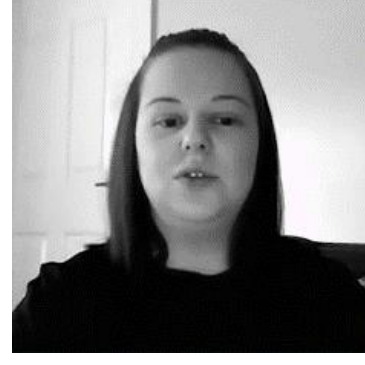
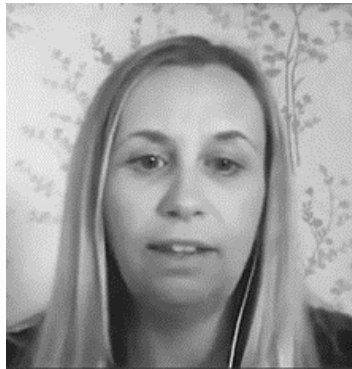
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**Thank  
you**



# Dolphin Therapy

- For complex or difficult-to-manage patients, consider **fluid immersion simulation with Dolphin Therapy**, which can be rented outside of contracts as a highly specialist support surface.
- If you are interested in discovering more about fluid immersion, including the suite of clinical evidence available, contact Medstrom 24/7/365 on **0845 371 1717** or email **[info@medstrom.co.uk](mailto:info@medstrom.co.uk)**.





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