

## Stop Pressure Ulcer Day November 19th, 2020 – Report of the actions of the University Hospital Bonn



Central wound management University Hospital Bonn (left to right): Registered Nurse Kim Eimer, ANP Leah Dörr, Diploma vocational pedagogue Andrea Loibl (not in the picture)

On November 19th, 2020 the central wound management of the University Hospital raised awareness for the worldwide „Stop Pressure Ulcer Day“ campagne through handing out selfdesigned Posters on wards with an identified PU-risk. The Posters contain information about the definition, the classification and risc factors that can lead to pressure ulcers. One QR-Code refers to the EPUAP information video on youtube and another one contains a link for the inhouse e-Learning Platform. Furthermore, the EPUAP Stop-PU Stickers and a Brochure for relatives were handed out. The Brochure was designed by the german woundsociety „Initiative for chronic wounds“ and explains important information with descriptive comics.

On the internal e-Learning Platform there was a modul uploaded shortly before the Stop-PU Day. Throughout the modul the participating medical staff is able to learn and refresh knowledge about the national german expertstandard for pressure ulcer prevention and get to know specific internal regulations at the UKB. At the end knowledge is tested throughout a quiz and when successfully completed the participants gets a certificate.

Simultaneously, a social media campaign was launched. On the University Hospital's own Facebook and Instagram account the following content was released:



„We - against avoidable pressure sores. Today is International Anti-Decubitus Day. Did you know that over 4 million people suffer from pressure ulcers, a localized damage to the skin and/or underlying tissue? Time to get things moving and apply pressure ulcer prophylaxis in time!“

On on the intranet page a more detailed article was shared and the key decentralized wound experts of the clinic took part in the group picture. In addition, they raised awareness for the topic on their clinics and wards:

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## Internationaler Antidekubitustag

Wir sind dabei - gemeinsam gegen vermeidbare Dekubitalulzera!



Europaweit sind über 4 Millionen Menschen von Dekubitalulzera betroffen, einer lokalisierte Schädigung der Haut und/oder des darunter liegenden Gewebes. Am UKB behandelten wir im letzten Jahr mehrere hundert Patienten mit mindestens einem Dekubitus. Es ist Zeit, **Zeit zu bewegen!**

Heute, am 19.11. findet der weltweite Antidekubitustag statt. Unsere Wundexperten und das zentrale Wundmanagement haben sich in diesem Jahr Information/Sensibilisierung aller Beteiligten auf die Fahnen geschrieben. Auf jede Station wurden Poster, Patienten-/Angehörigenbroschüren und Sticker verteilt. Weitere Informationen finden sich in diesem [Video](#) und auf der E-Cademy des UKB könnt Ihr im Ole+ Modul "Expertenstandard Dekubitusprophylaxe" Euer Wissen testen und vertiefen.

Lasst uns gemeinsam ein Zeichen setzen: durch frühzeitige Dekubitusprophylaxe, interdisziplinäre Zusammenarbeit und Einbeziehung der Fachexperten optimieren wir professionelles Handeln, senken Kosten und vor allem verändern wir die Lebensqualität von Menschen!

[📄 Weitere Infos und Fakten zu Dekubitalulzera](#)

[Youtube-Video](#)

*Decentral wound experts: Registered Nurses Jutta Roßberg, Heidi Pohl, Maik Leppin (back); Central wound management: Registered Nurse Kim Eimer, ANP Leah Dörr (front)*

„Across Europe, over 4 million people are affected by pressure ulcers, a localized damage to the skin and/or underlying tissues. At the UKB we treated several hundred patients with at least one decubitus ulcer last year. It is time,time to move!

Today, 19th November 2020, the worldwide anti-pressure ulcer day takes place. This year, our wound experts and the central wound management team have made information/sensitization of all participants their top priority. Posters, brochures for patients and relatives and stickers were distributed to each ward. Further information can be found in this video and at the UKB E-Cademy you can test and refresh your knowledge in the Ole+ module "Expert Standard Pressure Ulcer Prophylaxis". Let's set an example together: through early pressure ulcer prophylaxis, interdisciplinary cooperation and the involvement of experts, we optimize professional action, reduce costs and, above all, change people's quality of life!“

Due to the Covid-19 Pandemic further, more interactive activities like a movement break on the wards or pressure point measuring on matratesses and chairs were not possible. Likewise actions are planned for the Stop-PU Day 2021.