



NOVEMBER 2020

WORLDWIDE PRESSURE INJURY
PREVENTION DAY TOOLKIT
2020

COVENANT HEALTH, AHS, NRV SCN
COLLABORATIVE
Alberta, Canada

World Wide Pressure Injury Prevention Day

Declaration 2020



World Wide Pressure Injury Prevention Day is recognized the third Thursday every November. Covenant Health, Alberta Health Services and the Neuroscience Rehabilitation and Vision (NRV) Strategic Clinical Network (SCN) are proud to collaborate and participate in this important global patient safety event.

WHEREAS, Covenant Health, AHS, and the NRV SCN are committed to supporting pressure injury prevention programs and working collaboratively with provincial, national and international teams and organizations and involving our patients, residents and families

NOW, THEREFORE Covenant Health, AHS and the SCN, do hereby proclaim **November 19, 2020**, and the third Thursday in November each year

Action items

We encourage all our teams to recognize that pressure injuries are preventable and we can all play a role in preventing them from occurring.

Various awareness and educational activities are planned for the week of November 16-20, and we encourage your teams to engage and participate! One easy way to participate is by wearing a red shirt on November 19. Redness is typically a first sign of pressure-related skin damage.

Additional information

Visit www.EPUAP.org to learn more about this global event. Visit the PIP CLIC workspace at Covenant Health or Insite at AHS for information about local activities related to this event.

World Wide Pressure Injury Prevention Week

Date: November 10th, 2020

To: Covenant Health and AHS teams

From: Marlene Varga Clinical Nure Specialist Pressure Injury Prevention

Key Messages

Please join us during the week of November 16th-20th as we join organizations around the globe in celebrating worldwide pressure injury prevention day November 19th. Covenant Health along with our AHS partners are committed to supporting our teams and those we serve in the area of pressure injury prevention.

Challenge and Engage your teams

This toolkit contains ideas and challenges for your teams to engage in awareness and celebration activities during the entire week. Want a challenge? Use the comment cards to obtain input and feedback from your patients, residents and families about pressure injury prevention. Review this feedback and discuss it with them and then send in the feedback to our teams so we can learn how to improve our program. A second challenge is to start team meetings during that week with a short reflection about pressure injury prevention. Use the values poster in the toolkit to ask your teams what value resonates with them related to pressure injury prevention. A third challenge is to wear a red shirt on November 19th which is worldwide pressure injury prevention day. Finally, encourage your teams to participate in the education sessions and fill in the needs assessment and send it back to us so we can improve our program. We would love to share photos of your teams participating in these activities so submit them with signed consent forms available in the toolkit to Marlene.varga@Covenanthealth.ca.

Thank you!

Thank you for all that your teams do to prevent pressure injuries!

Compassion ♦ Respect ♦ Collaboration ♦ Social
Justice ♦ Integrity ♦ Stewardship

 Pressure Injury Prevention 

NOVEMBER 19TH



NOVEMBER 19TH- 2020

Join in the celebration of World Wide
Pressure Injury Prevention Day!

CHECK OUT DETAILS ON PIP CLIC!

PRESSURE

SHEAR
MOISTURE



Join us for a

SPOOKTACULAR

NOVEMBER 19

Be very afraid.
pressure injuries can be painful and hard to heal



one GOAL worldwide:

STOP

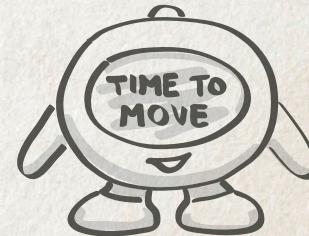
PRESSURE ULCERS

19th November 2020



How can you get involved?

- Host educational activities on prevention and treatment of pressure ulcers
- Organise awareness raising events to share information about pressure ulcers
- Reach out to your local community to inform them about pressure ulcers
- Make policy makers aware about pressure ulcers
- Join Stop Pressure Ulcers community on Social media



Download support material for free at:
www.epuap.org

EPUAP Business Office: office@epuap.org, +420 251 019 379.

For more information follow EPUAP on [in](#) [t](#) [f](#)

Together for pressure ulcers prevention

Get some inspiration from our partners around the world.

London, United Kingdom



Stockholm, Sweden



Alberta, Canada



Kowloon, Hong Kong



Pilsen, Czech Republic

Pretoria, South Africa



Pisa, Italy

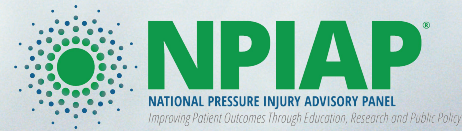


See more on www.epuap.org/stop-pressure-ulcers.

Fold = dotted pink line • do not print

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WHAT ARE PRESSURE INJURIES?

Once called bedsores, pressure injuries are localized damage to the skin and underlying soft tissue. They usually form over bony prominences (like the tailbone and heels) or in relation to medical devices (like a breathing tube that presses on the face).

WORLD WIDE PRESSURE INJURY PREVENTION DAY 2020



www.npiap.com

LEARN MORE ABOUT PRESSURE INJURIES.

Talk with your healthcare provider and visit the National Pressure Injury Advisory Panel online at npiap.org



Brochure design supported by Abbott Nutrition. Visit www.abbott.com
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STOP
PRESSURE
INJURIES

Have you ever noticed that sitting in the same position can get uncomfortable over time? That's your cue to change positions. But if you're unable to move or adjust, constant pressure is put on your skin, which restricts blood flow. Without adequate blood flow, the skin and tissue beneath the skin can die and wounds called pressure injuries can form.

UNDERSTANDING YOUR RISK

You may be at risk for pressure injuries if:

- You must stay in bed or can't move because of an illness or medical condition.
- You can't move because it's too painful.
- You are going to have surgery that might last 3+ hours.
- You use a wheelchair or sit for long periods of time.

CREATING A PLAN

If you or your loved one is at risk for a pressure injury or develops a pressure injury, talk with your healthcare provider to make a plan. These plans address a variety of factors that can weaken the skin.



MOVEMENT & COMFORT

Healthcare providers and caregivers may help you change positions at regular intervals. You may need to use a special bed or cushion that helps protect your skin. Your healthcare provider also will consider any appropriate medications.



SKIN CARE & CLEANSING

Beyond properly washing and drying your skin, it's important to manage your sweat, and bladder and bowel habits. Gently wash—don't scrub—your skin with a soft sponge or cloth. Your healthcare provider may recommend special cleansers and barrier products.



DIET & NUTRITION

Proper nutrition helps keep skin and muscles strong, which helps prevent pressure injuries and promotes healing if a pressure injury occurs.

- **Calories.** Without enough calories, you may lose muscle mass and weight.
- **Protein.** Increased protein intake can help pressure injuries heal. Protein repairs and maintains tissue and muscle.
- **Amino Acids.** These are the building blocks of protein. The amino acids arginine and glutamine are critical in wound healing.
- **Fluids.** Staying hydrated ensures nutrients are spread throughout your body.
- **Vitamins & Minerals.** Many vitamins and minerals are associated with healing.



Pressure Injuries: Just the facts!

Definition of Pressure Injury: A pressure injury is localized damage to the skin and/or underlying soft tissue usually over a bony prominence or related to a medical or other device. The injury can present as intact skin or an open ulcer and may be painful. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear. The tolerance of soft tissue for pressure and shear may also be affected by microclimate, nutrition, perfusion, co-morbidities and condition of the soft tissue.

Stages of Pressure Injuries



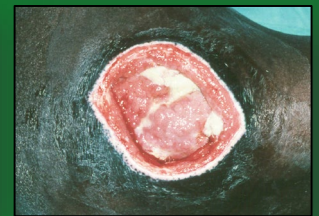
Stage 1 Pressure Injury: Non-blanchable erythema of intact skin
Intact skin with a localized area of non-blanchable erythema, which may appear differently in darkly pigmented skin. Presence of blanchable erythema or changes in sensation, temperature, or firmness may precede visual changes. Color changes do not include purple or maroon discoloration; these may indicate deep tissue pressure injury.



Stage 2 Pressure Injury: Partial-thickness skin loss with exposed dermis
Partial-thickness loss of skin with exposed dermis. The wound bed is viable, pink or red, moist, and may also present as an intact or ruptured serum-filled blister. Adipose (fat) is not visible and deeper tissues are not visible. Granulation tissue, slough and eschar are not present. These injuries commonly result from adverse microclimate and shear in the skin over the pelvis and shear in the heel. This stage should not be used to describe moisture associated skin damage (MASD) including incontinence associated dermatitis (IAD), intertriginous dermatitis (ITD), medical adhesive related skin injury (MARS), or traumatic wounds (skin tears, burns, abrasions).



Stage 3 Pressure Injury: Full-thickness skin loss
Full-thickness loss of skin, in which adipose (fat) is visible in the ulcer and granulation tissue and epibole (rolled wound edges) are often present. Slough and/or eschar may be visible. The depth of tissue damage varies by anatomical location; areas of significant adiposity can develop deep wounds. Undermining and tunneling may occur. Fascia, muscle, tendon, ligament, cartilage and/or bone are not exposed. If slough or eschar obscures the extent of tissue loss this is an Unstageable Pressure Injury.



Stage 4 Pressure Injury: Full-thickness skin and tissue loss
Full-thickness skin and tissue loss with exposed or directly palpable fascia, muscle, tendon, ligament, cartilage or bone in the ulcer. Slough and/or eschar may be visible. Epibole (rolled edges), undermining and/or tunneling often occur. Depth varies by anatomical location. If slough or eschar obscures the extent of tissue loss this is an Unstageable Pressure Injury.



Unstageable Pressure Injury: Obscured full-thickness skin and tissue loss
Full-thickness skin and tissue loss in which the extent of tissue damage within the ulcer cannot be confirmed because it is obscured by slough or eschar. If slough or eschar is removed, a Stage 3 or Stage 4 pressure injury will be revealed. Stable eschar (i.e. dry, adherent, intact without erythema or fluctuance) on an ischemic limb or the heel(s) should not be removed.



Deep Tissue Pressure Injury: Persistent non-blanchable deep red, maroon or purple discoloration
Intact or non-intact skin with localized area of persistent non-blanchable deep red, maroon, purple discoloration or epidermal separation revealing a dark wound bed or blood filled blister. Pain and temperature change often precede skin color changes. Discoloration may appear differently in darkly pigmented skin. This injury results from intense and/or prolonged pressure and shear forces at the bone-muscle interface. The wound may evolve rapidly to reveal the actual extent of tissue injury, or may resolve without tissue loss. If necrotic tissue, subcutaneous tissue, granulation tissue, fascia, muscle or other underlying structures are visible, this indicates a full thickness pressure injury (Unstageable, Stage 3 or Stage 4). Do not use DTPI to describe vascular, traumatic, neuropathic, or dermatologic conditions.



Additional Pressure Injury Definitions:

Mucosal Membrane Pressure Injury: Mucosal membrane pressure injury is found on mucous membranes with a history of a medical device in use at the location of the injury. Due to the anatomy of the tissue these injuries cannot be described by terminology from the staging system. These injuries are either partial thickness or full thickness.

Medical Device Related Pressure Injury: This describes an etiology of the injury. Medical device related pressure injuries result from the use of devices designed and applied for diagnostic or therapeutic purposes. The resultant pressure injury generally conforms to the pattern or shape of the device. The injury should be staged using the staging system.

Best Practices for *Prevention* of Medical Device-Related Pressure Injuries

- ✓ **Choose** the correct size of medical device(s) to fit the individual
- ✓ **Cushion** and protect the skin with dressings in high risk areas (e.g., nasal bridge)
- ✓ **Remove** or move removable devices to assess skin at least daily
- ✓ **Avoid** placement of device(s) over sites of prior, or existing pressure ulceration
- ✓ **Educate** staff on correct use of devices and prevention of skin breakdown
- ✓ **Be aware** of edema under device(s) and potential for skin breakdown
- ✓ **Confirm** that devices are not placed directly under an individual who is bedridden or immobile



ET Tube

Mucosal Membrane Pressure Injury



Trach Ties

Unstageable



Retention Sutures

Stage 3



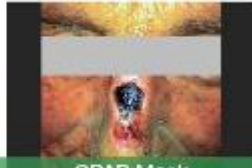
NG Tube

Unstageable



Oxygen Tubing

Stage 2



CPAP Mask

Unstageable



O₂ Saturation Probe

Stage 2



Arterial Line Tubing

Stage 2

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Worldwide Pressure Injury Prevention Day

November 19th, 2020

#StopthePressure



Objective: To increase awareness and educate the public by:



Review the toolkit on the PIP CLIC workspace for ideas to celebrate!



Join social media to promote this day @TheNPIAP, @pip_prevention, @EPUAP1, @CovenantCA, #StopthePressure, #StopPUDay2020, #StopthePressure



Provide a reflection for your team meeting during this week related to PIP



Take photos of your events and obtain photo consents to share online



Obtain input and feedback about PIP from your patients, residents and families using the comment card

PIP at Covenant Health

Recognition of pressure injury prevention as a patient safety priority

Commitment to capacity building, education and training, innovation and technology and collaboration with partners

Guided by our values of collaboration, respect, integrity, stewardship, social justice and compassion

Wear Red!



- Wear a red shirt on November 19th
- Red areas can indicate pressure damage



Complete the Needs Assessment

Go to CLIC PIP (and in the toolkit) to find the PIP needs assessment to help us further develop the PIP program. Email results by November 30th!



2020 World Wide Pressure Injury Prevention SKYPE Education 5 Days to #StopthePressure



November 16th 1215-1245 WW Stop PI Day 101

- Review the goal of World Wide Pressure Injury Prevention Day
- Identify strategies to incorporate into your site/program/unit celebrations
- Bring your questions and ideas!



Nov 17th 1215-1245 PIP Pop Quiz

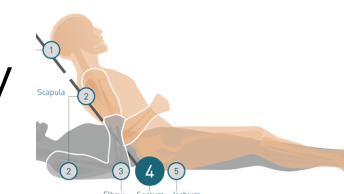
- Review key evidence-based strategies for pressure injury prevention
- Assess your knowledge and identify gaps to improve on
- Engage in the community of pressure injury prevention



Nov 18th 1215-1245 What is the SKIN Bundle?

Nov 18th 1300-1330 Skin Care (Presented by Stryker)

- Understand the key components of the SKIN bundle in PIP
 - Identify strategies to successfully implement the SKIN bundle in practice today
- Session #2 Review strategies and products for maintaining skin integrity



Nov 19th 1200-1300 Practice Wise SCN Collaboration

- Review the opportunities for collaboration with the NRV SCN with PIP
- Review strategies to improve PIP in Alberta Hospitals
- Meet the members of the NRV SCN and Covenant Health collaborative



Nov 20th 1215-1245 The RD Role in PIP

Nov 20th 1300-1330 Turning and Positioning and Heel Off-loading (Presented by Stryker)

- Learn the relationship between nutrition and PIP
- Learn how nutrition screening and the use of validated tools contributes to identifying patients at risk for pressure injuries
- Session #2 Review the benefits of using a Turning and Positioning system





World Wide Pressure Injury Prevention Webinars

November 16th 1215-1245

Join Zoom Meeting **STOP Pressure Injury Day Ideas Presented by Marlene Varga**

<https://albertahealthservices.zoom.us/j/92136173021?pwd=SnJxNGhQbU9OS3l2Qm1ZdXE5MWdGZz09>

Meeting ID: 921 3617 3021

Passcode: 776397

November 17th 1215-1245

Join Zoom Meeting **PIP POP Quiz Presented by Marlene Varga**

<https://albertahealthservices.zoom.us/j/94814721235?pwd=NThocUc4c00yU0diQlBCWXQwT3BvUT09>

Meeting ID: 948 1472 1235

Passcode: 861793

November 18th 1215-1245

Join Zoom Meeting **SKIN Bundle Presented by Marlene Varga**

<https://albertahealthservices.zoom.us/j/92916014385?pwd=bFhLQnJlZmZEd3JHS0NkRWNvQ3RzZz09>

Meeting ID: 929 1601 4385

Passcode: 777862

November 18th 1300-1330

Join Zoom Meeting **Skin Care Sponsored by Stryker and presented by Sara**

<https://albertahealthservices.zoom.us/j/98554414835?pwd=dUtiWVR0K3ZicVI6elRmZko5MkNKQT09>

Meeting ID: 985 5441 4835

Passcode: 026948

November 19th 1200-1300

Check out Practice Wise on Insite “Pressure Injury Prevention” Presented by AHS, SCN and CH

November 20th 1215-1245

Join Zoom Meeting: **Role of the RD in PIP and Wound Healing presented by Christin Barber and Lindsey Zwickere**

<https://albertahealthservices.zoom.us/j/99387628318?pwd=MmVSWFBLSUxIZDUzZmNGWk4vWUIWdz09>

Meeting ID: 993 8762 8318

Passcode: 537101

November 20th 1300-1330

Join Zoom Meeting: **Turn and Position Systems and Heel Off-loading Sponsored by Stryker and presented by Sara**

<https://albertahealthservices.zoom.us/j/92189285782?pwd=ZWwzeUIPQnVXd0d0cVdxYXMwTDViUT09>

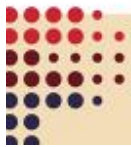
Meeting ID: 921 8928 5782

Passcode: 702007

Values into Actions

Which Covenant Health value resonates best with you regarding PIP and why?

Respect Integrity Stewardship Social Justice
Compassion Collaboration



Pressure
Injury
Prevention 

Share this at your team meetings to engage your staff in pressure injury prevention

We would love to hear what your teams had to say!

Email your comments to

Marlene.varga@Covenanthealth.ca



Pressure
Injury
Prevention 

November 19 is
World Wide Pressure
Injury Prevention Day.
Wear a red shirt!



WE NEED YOUR FEEDBACK ABOUT PRESSURE INJURY PREVENTION

A pressure injury is damage to the skin and skin tissue from unrelieved pressure.

Most pressure injuries can be prevented. We want to work with you to prevent pressure injuries from happening to you.

Have you had any experience with a pressure injury?

What matters to you when it comes to keeping your skin safe?

Send your comments to marlene.varga@covenanthealth.ca.

#STOPthePRESSURE



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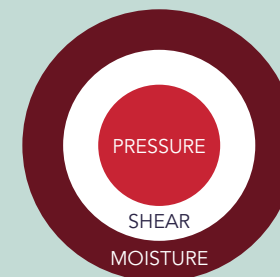
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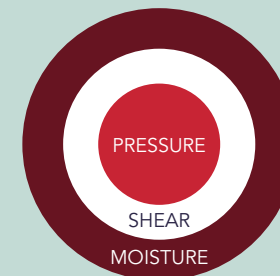
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#STOPthePRESSURE



Leave your comment



Leave your comment



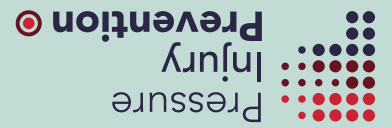
Leave your comment



Leave your comment



cut



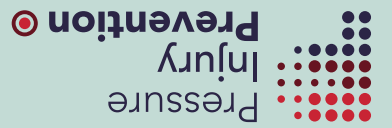
Covenant Health is joining hospitals across the country and globe in observing **World Wide Pressure Injury Prevention Day** on **November 19, 2020**



Covenant Health is joining hospitals across the country and globe in observing **World Wide Pressure Injury Prevention Day** on **November 19, 2020**



cut



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fold

fold



CONSENT TO DISCLOSURE OF PHOTOGRAPH OR OTHER PERSONAL OR HEALTH INFORMATION FOR EDUCATION AND PROMOTION PURPOSES

I, _____ (name) hereby consent to my personal information and/or my individually identifying health information relating to: _____ (description of information/relevant dates, etc.) being disclosed by Covenant Health and/or Covenant Care to: _____ (name of recipient) in accordance with section 40(1)(d) of the *Freedom of Information and Protection of Privacy Act* ("FOIP") and/or section 34 of the *Health Information Act* ("HIA"), in the form of (check all that apply):

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Still/digital Photographs | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Sound recordings | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Video recordings (with or without sound) | |

for the following purpose(s) (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Media release/interviews | <input type="checkbox"/> Presentations |
| <input type="checkbox"/> Publications | <input type="checkbox"/> Hospital displays |
| <input type="checkbox"/> Education | <input type="checkbox"/> Covenant Health website/intranet (<i>accessible nationally and internationally</i>) |
| <input type="checkbox"/> Promotions/ Advertising | <input type="checkbox"/> Covenant Care website (<i>accessible nationally and internationally</i>) |
| <input type="checkbox"/> Social media | <input type="checkbox"/> Other _____ |

(Check and complete if applicable): I confirm that Covenant Health and/or Covenant Care may use my name, address and telephone number for the purpose of contacting me to discuss any changes in circumstances which may be relevant to the consent. My address and telephone number is as follows:

Other relevant information/conditions:

I acknowledge that I have been made aware of the reasons that my personal information (including a photographic image or images of myself) and/or individually identifying health information is needed and the risks and benefits of consenting, or refusing to consent, to the use and /or disclosure of the same. I understand and confirm that I may revoke this consent at any time.

I release and discharge Covenant Health and Covenant Care, and those for whom each is responsible at law, from all responsibility and liability for the content of the above mentioned still/digital photographs, video recordings and/or sound recordings and the specific use to which they may be applied. I declare that this release and discharge shall be binding upon my heirs, executors, administrators and assigns.

I understand that I have the right to refuse to grant this consent.

This consent is effective this _____ day of _____, 20____ and (if applicable) expires on the _____ day of _____, 20____.

(day) (month) (year) (day) (month) (year)

Signature of Staff or Patient or Authorized Representative

Signature of Witness

Printed Name of Staff or Patient or Authorized Representative

Printed Name of Witness

Source of Representative's Authority
(If applicable, attach copy of authoritative document)

Webinar series

World Wide Pressure Injury Prevention Day

We've gone virtual

Below, you will find the registration link to each individual webinar in the World Wide Pressure Injury Prevention Day series.

FocusRN[®]

LIVE

Earn

1 CE credit

per webinar

Susan M. Scott

MSN, RN, WOC Nurse

Under Pressure: High Reliability in Reducing the Risk of Perioperative Pressure Injuries

Tuesday, November 17



4:00 pm ET

[Register now](#)

Joyce Black

PhD, RN, DAPWCA, FAAN

What does COVID-19 do to the Skin?

Wednesday, November 18



11:00 am ET

[Register now](#)

Kathleen Vollman

MSN, RN, CCNS, FCCM, FAAN

The Forgotten Organ: Eliminating Moisture, Shear, and Pressure Risk to Impact Patient Outcomes

Thursday, November 19



8:00 pm ET

[Register now](#)



Pressure Injury Prevention Needs Assessment

Please complete this needs assessment and email to Marlene.varga@Covenanthealth.ca by November 30th, 2020

Please indicate, by inserting a check mark, which topic(s) you are interested in learning more about in general related to pressure injury prevention (select all that apply)

Environment and system support

Goal setting

Team building

Collaborative practice

Implementation strategies

Knowledge translation strategies

Overcoming barriers in practice

Role clarity

Physician engagement

Integrating policy into practice

Successful initiatives

Patient education, empowerment and engagement

Patient /resident on-boarding for active stakeholder at Quality Councils for PIP

Please indicate, by inserting a check mark, which topic(s) you are interested in learning more specifically about relative to the prevention of pressure injuries.

Turning and repositioning



 Pressure
Injury
Prevention ©

Nutrition

Prophylactic dressings

Skin care protocols

SKIN bundle

Device related pressure injuries

Support surfaces

How pressure injuries develop

Audit process

Root Cause Analysis of pressure injuries

Disclosure process when pressure injuries develop

Health Care Aide education and empowerment

Bariatric skin care

Skin Changes at Life's End

Overcoming barriers in practice with specific strategies

Support surfaces

Incontinence Associated Dermatitis (IAD) prevention and management

Heel off-loading

Risk assessment

Skin assessment

List other pressure injury prevention topics that you are interested in learning about that have not been addresses.



Please indicate, by inserting a check mark, your preferred method(s) of learning (select all that apply)

Online learning (interactive)

Online learning (not interactive)

Articles

Live lecture

Group discussion

Panel discussion

Webinar

Gaming

Case based learning

Skills lab (SIM)

A combination of the above

It depends on the topic

Post article of the month

What is your current level of pressure injury prevention expertise?

Novice: minimal knowledge

Advanced beginner: some knowledge of current best practices in pressure injury prevention but with limited experience in pressure injury prevention

Competent: average 2-3 years of experience who has limited completed non-industry sponsored education

 Pressure Injury Prevention ©

Proficient: greater than 3 years of experience with completion of non-industry sponsored education

Expert: formal graduate level education with greater than 5 years of experience in pressure injury prevention

What is your current interest in education related to pressure injury prevention?

Extremely interested

Interested

Not interests

What is your current opinion about the amount of pressure injury prevention education available on CLIC?

Too much content

Enough content

Too little content

What is your current opinion about the level of pressure injury prevention education available on CLIC?

Too advanced

Appropriate

To basic

How has your knowledge changed over the last year with the pressure injury prevention CLIC workspace?

 Pressure Injury Prevention ©

How has your attitude changes over the last year with the pressure injury prevention CLIC workspace?

How has your behavior changed related to pressure injury prevention in clinical practice?

What specific changes in clinical practice have occurred in your area with the pressure injury prevention program?

How have you integrated the Covenant Health values in practice to shape your future actions related to pressure injury prevention?

What improvements in the health or well-being of your patients/residents have you identified in your practice area?

Do you have a patient or resident member on your Quality Council for pressure injury prevention?

Thank you for taking the time to complete this needs assessment. The information that you provide will help develop content for the pressure injury prevention program.

