

## Stop Pressure Ulcer Day November 16th, 2023 – Report of the actions of the University Hospital Bonn

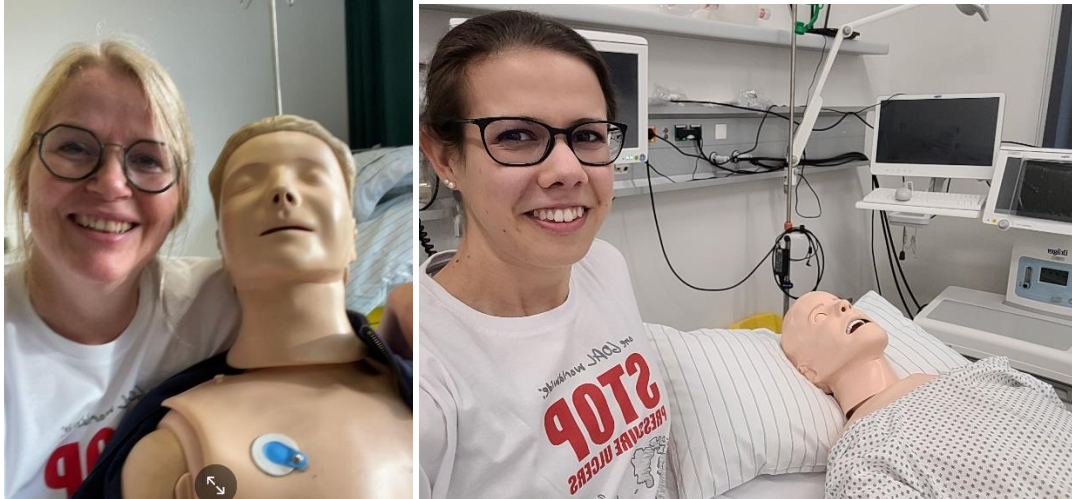


Abbildung 1 Antje Schafigh, Leah Dörr and Jens Peter Hansen as well as Heidi Pohl (not in the picture) worked on the idea for these year's activities©

On 16th of November 2023 it was time again: the Central and Decentralized Wound Management of the University Hospital Bonn once again took part in the worldwide anti-decubitus day and raised awareness for the common goal ‚Stop Pressure Ulcers‘.



**WORLDWIDE**  
**STOP**  
 PRESSURE ULCERS  
[www.epuap.org](http://www.epuap.org)

**Weltweiter  
 Anti-Dekubitus-Tag**

**16.11.2023**

- WIE BEUGE ICH VOR? WIE BEHANDLE ICH?
- WIE KANN ICH DIE EIGENBEWEGUNG DER BETROFFENEN FÖRDERN & KINÄSTHETIK EINSETZEN?
- WIE FÜHLT SICH DAS FÜR DIE BETROFFENEN AN?



**DIESE THEMEN WOLLEN WIR GEMEINSAM BEARBEITEN & MIT SPIEL + SPASS VERBINDEN! WERDE UNSER DEKUBITUS-CHAMPION 23 & GEWINNE TOLLE PREISE.**



**BESUCHT UNS AM 16.11.23 KURZ IM SKILLS LAB GEBÄUDE 82 (SÜDEN) ODER GEBÄUDE 09 (BILDUNGSZENTRUM - NORDEN) IN DER ZEIT VON 8 BIS 12 UHR & LASST EUCH VOM DEKUBITUS (NICHT MEHR) ÜBERRASCHEN**



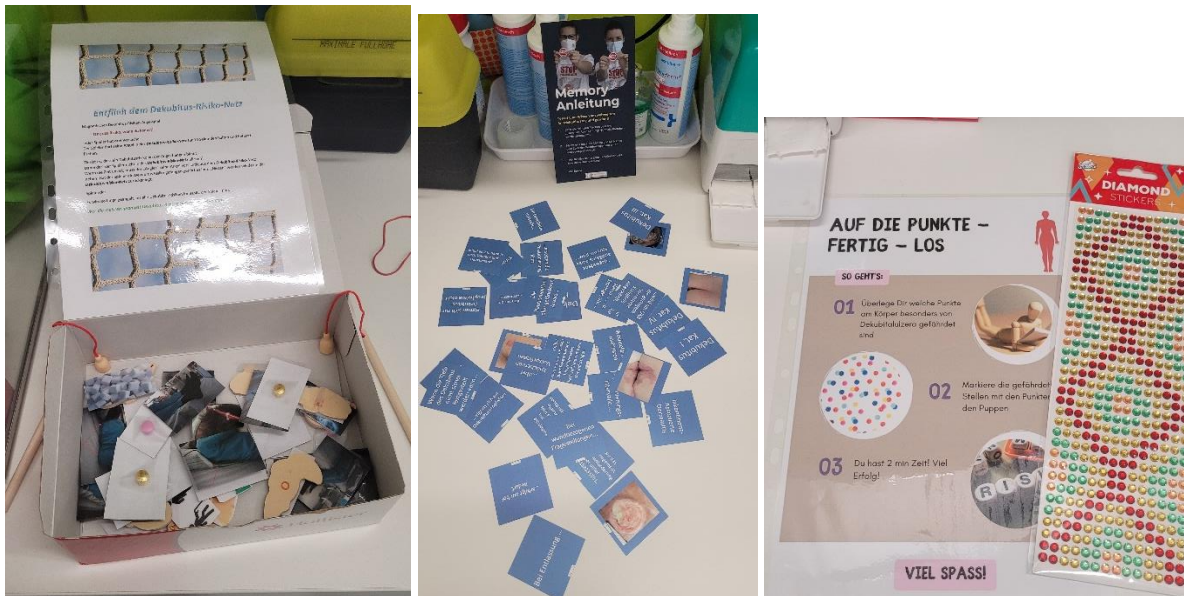
**ukb universitäts  
 klinikum bonn**

Zentrales Wundmanagement UKB  
 leah.doerr@ukbonn.de  
 015158233551

Invitation for the mini Olympics which were handed out to all wards throughout the hospital ©

Using a mini-Olympics, nursing staff and trainees were able to test, expand and refresh their knowledge of pressure ulcers and pressure ulcer prevention in small games in skills labs.

Part of the Olympics was literally fishing pressure ulcer risks out of the pressure ulcer net, solving a wound memory and sticking dots on predilection sites on the mannequins provided.



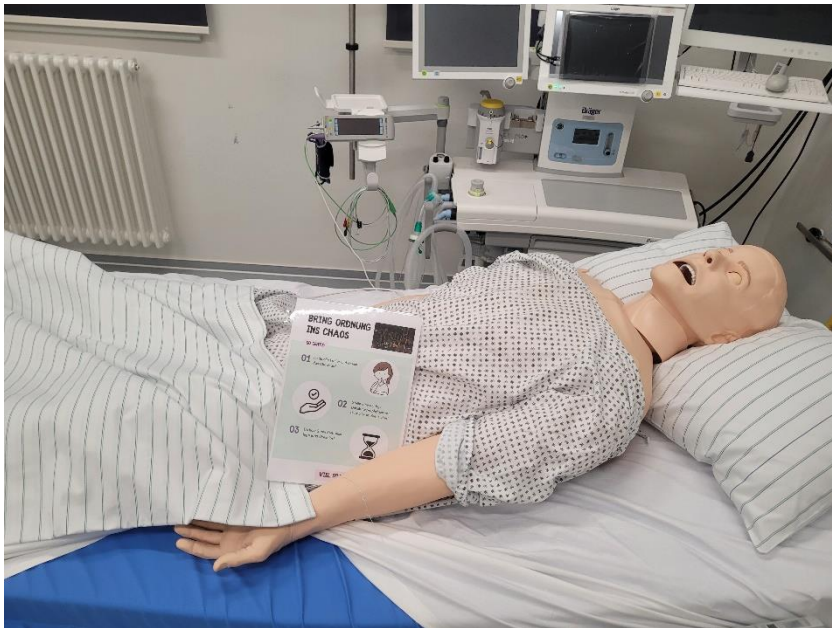
*Fishing the decubitus risc, solving the memory and on to the dots...©*

Afterwards, the participants were able to make shoes for pressure ulcer prevention and become ‚shoe stars‘.



*Crafting to become a shoe star ©*

Finally, the biggest obstacle awaited them: a real-life troubleshooting picture. There was a lot wrong with the patient mannequin positioned in the bed: the sheet had to be pulled smooth, sealing caps, packaging and monitor cables had to be removed from the bed and the unplugged alternating pressure mattress had to be reactivated. The patient then had to be positioned according to the state of the art.



*Troubleshooting screen in real life*

Those who completed all the games in the short time of 15 minutes not only received a medal and a superhero for their name badge. Sweets were also a reward!



*Superheros for the name badges as a reward ©*

In addition, our trained kinaesthetics trainer refreshed their knowledge of positioning and practised measures to promote movement. Furthermore, the participants were able to experience first-hand on soft positioning and alternating pressure mattresses how this feels for those affected and to reflect on which factors increase the risk of pressure ulcers.

A final polaroid photo in the official anti-decubitus shirt was the crowning glory of the intensive discussion on the topic of anti-decubitus prophylaxis and should also serve as a positive reminder of this important topic in the future. Because we have a common goal: Stop Pressure Ulcers.

We would like to thank everyone involved and for the exciting exchange. We are already looking forward to next year!