

John H. Stroger Jr. Hospital of Cook County *Hospital-Acquired Pressure Ulcer (HAPU) Challenge*

Problem Identified

HAPUs reduce overall quality of life due to pain and treatments and contribute to increased length of stay in the hospital. We have an opportunity to reduce HAPUs by implementing best practices. Stroger is an urban tertiary care safety net hospital with greater than 30 percent of patients assessed to be high risk on admission.

Interventions

To increase staff knowledge about HAPU risk assessment and prevention, the hospital implemented the HAPU Challenge, a standardized unit-based rounding strategy to alert staff to relieve pressure and monitor adherence to use of best practices high risk and high volume units, the Medical Intensive Care Unit (MICU) and the Trauma Intensive Care Unit (TICU).

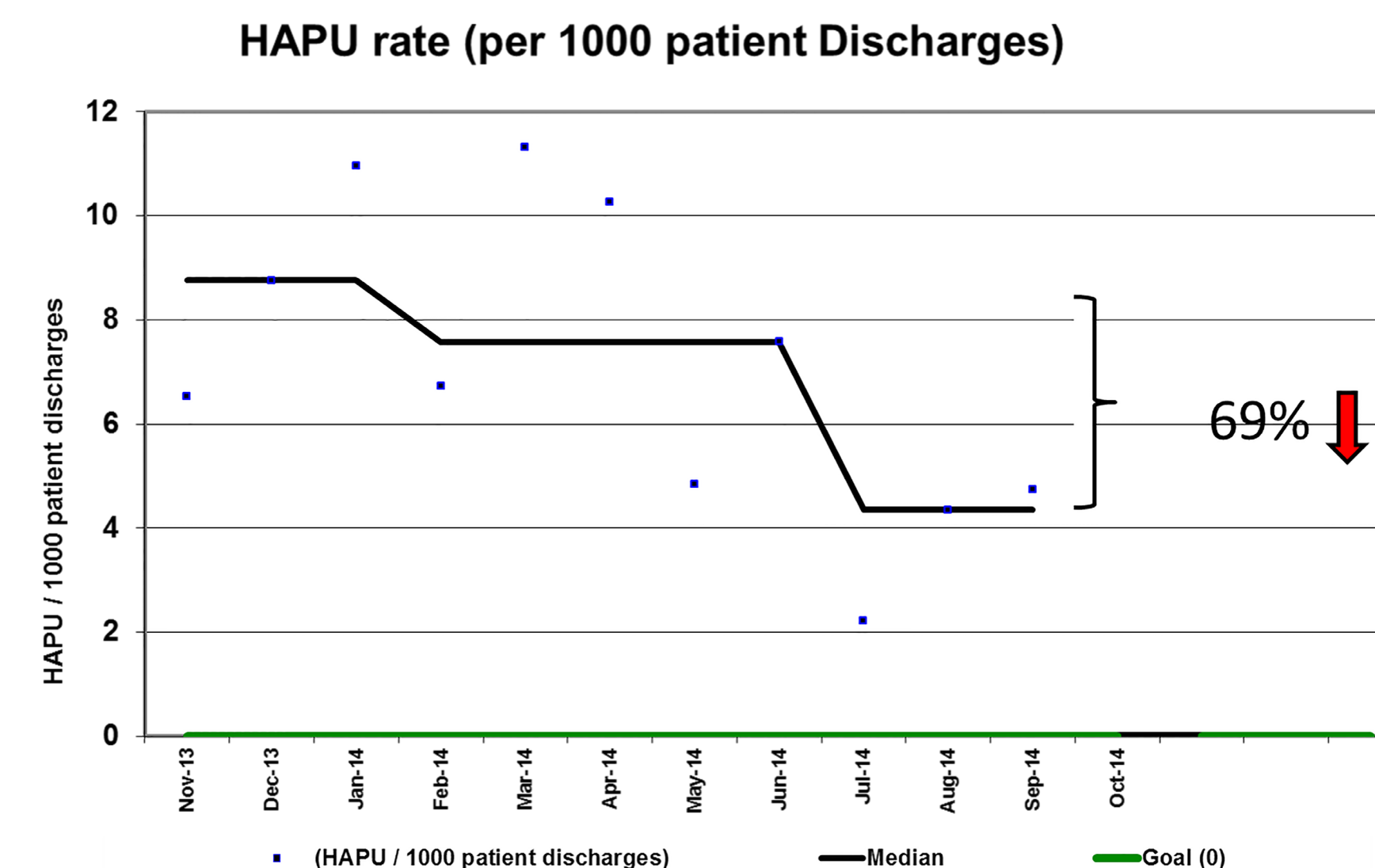
The implementation team evaluated durable products to reduce moisture (wicking under pads) and relieve pressure (floating heel and device padding). The team also identified staff willing to serve as unit-based skin champions.

Leadership and Patient Engagement

Patient/family instruction that addressed high-risk areas (moisture, immobility, dehydration, and the need to relieve pressure) was incorporated into educational materials and distributed on all key medical units.

Outcomes

Since January, Stroger achieved a 69 percent reduction in HAPUs. The implementation team targeted high risk/volume areas (MICU and TICU) with the HAPU Challenge, enlisting nurses and physicians, along with a staff nurse champions, to review the use of best practices for every patient on the unit.



Lessons Learned

The efforts to reduce HAPUs at Stroger helped to identify key drivers to sustain success:

- Staff knowledge on prevention strategies helped to improve adherence to best practices.
- Physician and nursing staff collaboration was essential for successful unit-based implementation of the best-practice changes in procedures to reduce harm.
- Barriers to obtaining resources must be overcome to achieve continued progress.

Strategies for Successful Replication

Strategies for successfully implementing a pressure ulcers reduction program include the following:

- Involve unit-based clinical leadership in rolling out the HAPU Challenge on every unit.
- Utilize the staff nurse champion as an adjunct to the skin/wound nurse specialist.