

LONG-TERM CARE WORSENERD PRESSURE INJURY

PLAN OF CARE

Preventing pressure injuries is much easier than healing them.

- Head to toe assessments
- Good skin care
- Incontinence care
- Sling removal
- Proper nutrition
- Activity and mobility
- Reduced or eliminate shear & friction
- Protective devices: booties, cushions, mattresses
- Promote pressure
- Redistribution through positioning / repositioning



How does a resident develop a pressure injury?

Pressure injuries are sometimes called bedsores, which we thought happened when a resident spends too much time in bed... but today we know this is not the root cause.

We know a pressure injury develop when a resident stays in any one position for too long and it causes prolonged pressure on a specific area of skin.

This indicator monitors the **percentage of long-term residents who stage 2-4 pressure injury worsened**. It examines the percentage of residents whose stage 2 to 4 pressure injuries had worsened since their last interRAI assessment.

In 2024-25, Northwood had a pressure injury rate of 1.5%, an increase of 0.4% compared to 2023-24. It remained **below the 2.0% internal target, the 2024-25 national average of 2.7% and the Nova Scotia average of 3.0%** of long-term care residents experiencing worsened pressure injuries.

Pressure injuries are a growing concern in Canada. In order to address the national issue of pressure injuries in Canada, we are bringing together an inter-professional, nationwide panel. This pan-Canadian panel is represented by a cross section of clinicians and researchers from different healthcare

sectors from acute care to community. Northwood is the representative for long-term care in Canada on the Canadian Pressure Injury Advisory Panel.

Unavoidable pressure injury occurs if the resident developed a pressure injuries even though the facility followed all of the preventative measures. Pressure injury can occur during end of life and these are also considered unavoidable PI. An expert panel was established to formulate a consensus statement on Skin Changes At Life's End (SCALE).

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