

Putting NICE guidance into practice

Algorithm for risk assessment, prevention and management in adults

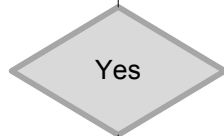
**Implementing the NICE guideline on
Pressure ulcers (CG179)**

Published: April 2014

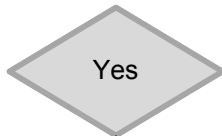
Identifying who is at high risk (neonates, infants, children, young people and adults)

Be aware that all patients are potentially at risk of developing a pressure ulcer.

Patient admitted to secondary care, care home or tertiary care?

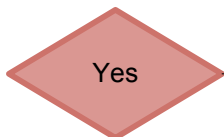


Carry out and document a risk assessment



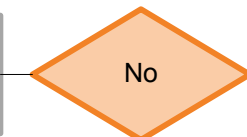
Neonate, infant, child or young person?

Use a scale validated for this population (for example, the Braden Q scale for children) to support clinical judgement.



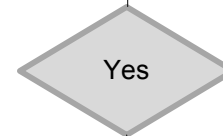
See NEONATES, INFANTS, CHILDREN AND YOUNG PEOPLE AT HIGH RISK

Neonate, infant, child or young person **at high risk** following risk assessment?

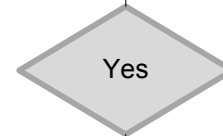


See NEONATES, INFANTS, CHILDREN AND YOUNG PEOPLE AT RISK

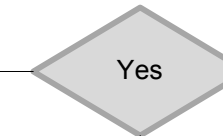
Receiving NHS care in primary or community care and emergency departments?



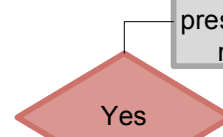
Does the individual have a risk factor?



Carry out and document a risk assessment

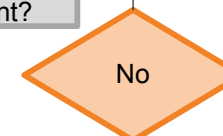


Consider using a validated scale for risk assessment to support clinical judgement (for example, the Braden scale, the Waterlow score or the Norton risk assessment scale)

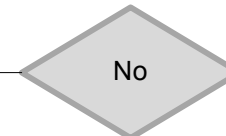


See ADULTS AT HIGH RISK

Adult at **high risk** of pressure ulcer following risk assessment?



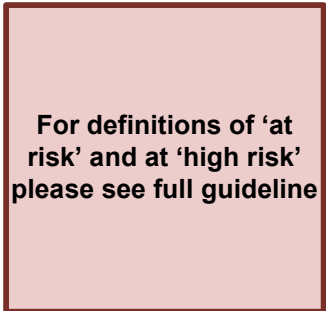
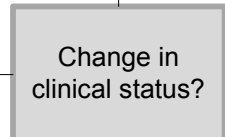
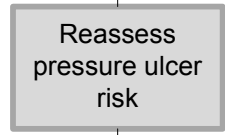
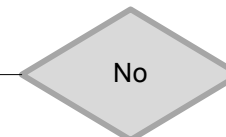
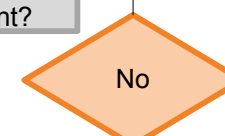
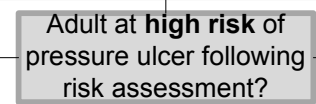
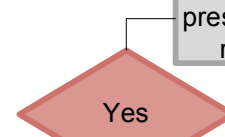
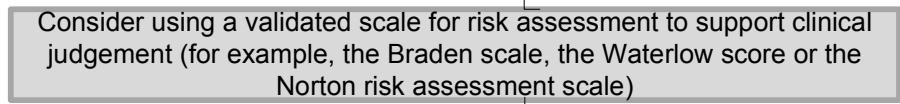
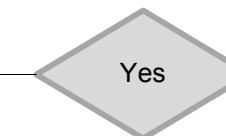
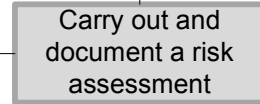
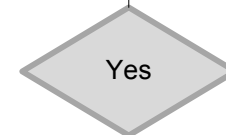
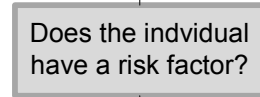
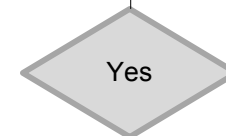
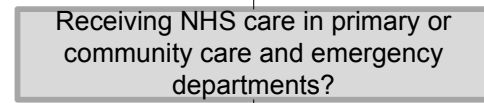
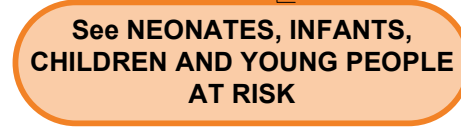
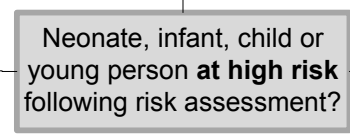
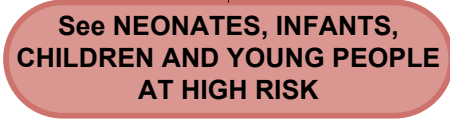
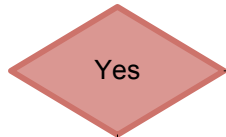
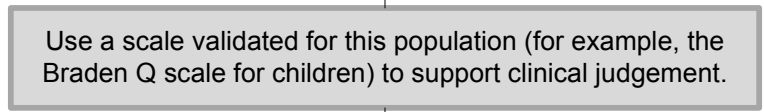
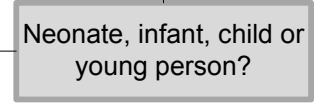
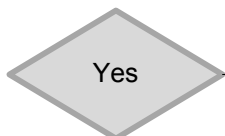
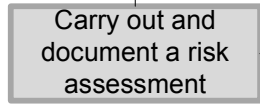
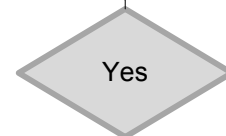
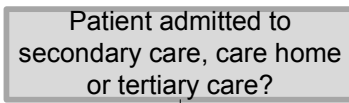
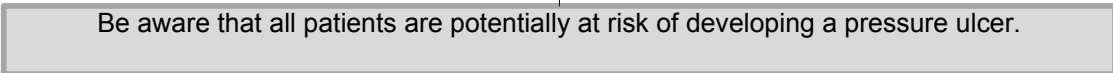
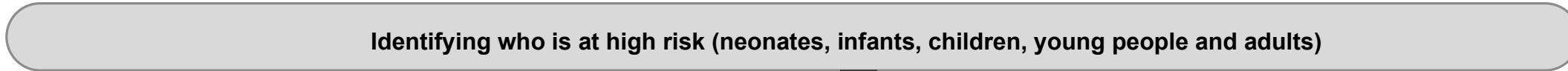
See ADULTS AT RISK



Reassess pressure ulcer risk

Change in clinical status?

For definitions of 'at risk' and at 'high risk' please see full guideline



Prevention of pressure ulcers in adults at risk and at high risk

At risk?

RISK ASSESSMENT

At high risk?

Develop an individualised care plan, taking into account the outcome of risk and skin assessment, the need for additional pressure relief at at-risk sites, the person's mobility and ability to reposition themselves, other comorbidities and patient wishes.

REPOSITIONING

PRESSURE REDISTRIBUTING DEVICES

INFORMATION

SKIN ASSESSMENT

REPOSITIONING

PRESSURE REDISTRIBUTING DEVICES

Encourage repositioning at least every 6 hours

Use a high specification foam mattress (see Recommendation 1.1.13)

Take into account additional information needs for people with degenerative conditions, impaired mobility, neurological impairment, cognitive impairment and impaired perfusion.

Offer a comprehensive skin assessment by a trained healthcare professional

Encourage repositioning at least every 4 hours

Use a high specification foam mattress

Able to reposition themselves?

Undergoing surgery?

Offer tailored and timely information on prevention of pressure ulcers (see Recommendation 1.3.1 and 1.3.2)

Erythema identified?

Unable to reposition themselves?

Wheelchair user?

Yes

No

Yes

No

Blanchable?

Yes

No

Yes

No

Offer help to do so, using equipment (for example, hoists) if needed.

Consider a high specification foam theatre mattress or equivalent pressure redistributing surface

Offer tailored and timely information on prevention of pressure ulcers (see Recommendation 1.3.1 and 1.3.2)

Use finger palpation to identify whether the erythema is blanchable

Offer help to do so, using equipment

Consider offering a high specification foam or equivalent pressure redistributing cushion

Adult is at risk of heel pressure ulcers?

Consider a high specification foam theatre mattress or equivalent pressure redistributing surface

Sitting for prolonged periods?

Non-blanchable?

Repeat skin assessment every 2 hours until resolved

Offer help to do so, using equipment

Offer a strategy to offload pressure from their heel

Undergoing surgery?

Yes

No

Yes

No

Consider the seating needs of people at risk of developing a pressure ulcer who are sitting for prolonged periods.

Consider a high specification foam theatre mattress or equivalent pressure redistributing surface

Management of pressure ulcers in adults

Categorise each pressure ulcer using a validated classification tool. Use this to guide ongoing preventative strategies and management

Document the results of categorisation each time the ulcer is assessed.

