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Abstract Title:	Hip Hip Heels Raised: A Pressure Injury Prevention Initiative
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Objective:	1) Discuss an innovative approach to pressure injury prevention while preventing contractures in the burn population.
Abstract:	<p>Patients with dermal burns are at a greater risk of developing pressure injury secondary to critical illness and increased length of stay. Our burn center had four hospital-acquired pressure injuries, grade two or greater, in two months within our patient population. This incidence placed the burn unit in the top five units at Vanderbilt University Medical Center with the highest prevalence of hospital-acquired pressure injury. After discussion with the nursing staff, we discovered a large variance in pressure injury prevention strategies, many of which were not focused on heel protection.</p> <p>With the recognition of this rising pressure injury prevalence, the burn team assembled a multidisciplinary team to combat the issue. The team consisted of day and night shift staff nurses, the quality improvement nurse, the physical therapist, and the nursing management team. We examined heel injury prevention evidence-based practice and then modified it for our unique patient population to develop a recommendation for best practice on our unit. The recommendations, affectionately known as the Hip Hip Heels Raised Campaign, include:</p> <ul style="list-style-type: none">• Effective Heel Lift defined as the ability to slide a hand between the bed and heel• Two pillows positioned perpendicular to the legs• Floating heels and maintenance of knee extension• Neutral hip alignment• Mepilex as indicated for friction and shear protection• One sage boot and one multipodus boot rotated every 2 hours with turns to assist with heel elevation• Sage representative rounding for re-education on proper boot fit and placement <p>To assess staff compliance to the new unit recommendations, patient positioning audits were completed before and after staff education. Prior to instruction and implementation of the campaign, compliance with heel elevation varied from 75-83%. With this information in mind, our goal was to achieve greater than 90% compliance during audits by</p>

January, with education beginning in mid- November. Our goal was met the week of December 27, 2018 and compliance has remained strong, averaging 92% implementation of heel elevation since campaign implementation.

Per the AHRQ, the average cost of a hospital acquired pressure injury averages \$43,180. Our retrospective analysis for patients in our burn center discovered four pressure injuries, grade two or greater, in a two-month period prior to the campaign implementation. Over the five-month span since campaign application, only three hospital-acquired pressure injuries, grade two or greater, have occurred in our patient population, a reduction of approximately seven pressure injuries. This reduction is the equivalence of \$300,000 in patient care costs saved. Additionally, there have been no instances of knee flexion contractures or complications since implementation of the Hip Hip Heels Raised Campaign.