PICOT Statement Paper

**Clinical Problem**

Pressure ulcers are skin and underlying tissue injuries caused by prolonged pressure on the skin. This medical condition is common in inpatient rehabilitation centers due to their confinement to bed, wheelchairs or chairs for prolonged periods. It is estimated that up to 23% of inpatients in rehabilitation facilities with a long term stay are affected by pressure ulcers. In addition, 10% to 41% incidence is reported among intensive care unit patients. Moreover, over 60 000 patients die annually in the United State with 2.5 million individuals affected by the disorder (Boyko, Longaker & Yang, 2018). This necessitates an immediate solution to reduce the incidence and improve the outcomes of rehabilitated patients.

Pressure ulcers can be resolved using multiple interventions. However, the effectiveness is dependent on the evidence available. For instance can a multifaceted evidence-based educational intervention is considered effective in preventing and treating pressure ulcers. It enhances the confidence and knowledge of rural setting nurses in caring for patients. On the other hand, formal education can be used to inform patients and their caregivers (Porter‐Armstrong, Moore, Bradbury, & McDonough, 2018). In this case, the nursing intervention to be employed is a multifaceted evidence-based educational intervention compared to formal education. The nurses will be involved in providing patient education and learning resources as part of the patient care services in the Inpatient Rehabilitation Center.

A pressure ulcer is a concern in inpatient rehabilitation centers. As such, a resolution is essential in improving the conditions and the outcomes of inpatients. The use of multifaceted evidence-based education intervention provides an effective resolution for management of pressure ulcer through knowledge dissemination and creation of awareness in a manner relatable to the patients and the caregivers (Hommel, Gunningberg, Idvall & Bååth, 2017). The intervention is an improvement of normal patient education that provides necessary preventive and treatment information relevant in improving pressure ulcers.

**PICOT Question**

Among hospitalized middle to late adulthood stroke and post-surgical inpatients in the Inpatient Rehabilitation Center, (P), can evidence-based practice educational intervention (I) that is linked to treatment and prevention of pressure ulcers in comparison to the absence of formal education (C) result in enhancing the confidence and knowledge of nurses in caring for patients that have pressure ulcers or are at risk of acquiring Pus within 3 months (T)?

The target population in this case is the middle to late adulthood stroke and post-surgical patients in the inpatient rehabilitation Centre. This is the most vulnerable group of patients considering their limited movements and reduced immunity. This makes them more prone to pressure ulcers as they are often confined in chairs, wheelchairs and beds which strain their muscles due to the pressure exerted at particular sites of the body thus affecting the tissues. Notably, the project employs the use of a multifaceted evidence-based education intervention that enhances knowledge and confidence of rural setting nurses in caring for patients that have pressure ulcers or are at risk of acquiring Pressure ulcers.

On the other hand, the comparison intervention is the absence of formal education in this seeks to treat the patents without the nursing knowledge related to effective management of pressure ulcers. Consequently, the anticipated outcome of the project is enhanced confidence and knowledge of rural setting nurses in caring for patients that have pressure ulcers or are at risk of acquiring Pressure Ulcers. The project is set to run for a duration of three months in the Inpatient Rehabilitation Centre.

References

Boyko, T. V., Longaker, M. T., & Yang, G. P. (2018). Review of the current management of pressure ulcers. *Advances in wound care*, *7*(2), 57-67.

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Porter‐Armstrong, A. P., Moore, Z. E., Bradbury, I., & McDonough, S. (2018). Education of healthcare professionals for preventing pressure ulcers. *Cochrane Database of Systematic Reviews*, (5).