### Pressure Ulcer Prevention & Treatment PATHWAY

**Doctor's Orders**

1. Initiate Pressure Ulcer Prevention and Treatment Pathway
2. CONSULTS:  
   - Dietitian: Nutritional Assessment  
   - E.T. NURSE: ext. 7132
3. LABS:  
   - CBC  
   - Pre Albumin  
   - Transferrin  
   - BUN  
   - Creatinine  
   - Electrolytes
4. MEDICATIONS: (discontinue all previous multivitamin orders)  
   - If patient taking PO then:  
     - Theragran-M 1 tablet PO every day  
     - Ascorbic Acid (Vitamin C) 500 mg PO at dinner
   - If patient NOT taking PO then:  
     - Vitamount 1 packet via tube BID (adjust to daily if CrCl < 30ml/min)
   - Renal patients (on dialysis):  
     - Nephropro 1 tablet PO every day
5. ACTIVITY:  
   - Turn every 2 hours while in bed  
   - Provide assistive devices (i.e. trapeze) PRN  
   - Active & Passive ROM with position changes  
   - Shift patients weight every 1 hour while in chair
6. Skin Assessment & Pressure Ulcer Risk Assessment every day
7. **TREATMENT:**

#### PREVENTION

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- Elevate heels off of bed  
- Use lifting devices when repositioning  
- Maintain HOB >30° except for meals & medications  
- No paper products (diapers, toilet paper) on bed, except when necessary, only for incontinence  
- Static Air Mattress on bed; perform hand checks every shift; add air as needed  
- Static Air mattress when OOB in chair  
- Cont. all treatments outlined in prevention phase

#### Stage I

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- Cleanse wound with NSS  
- Apply thin layer of Aquacel TID  
- Fan dry  
- Static Air Mattress hand check every shift; add air PRN  
- Static Air Mattress cushion when OOB in chair  
- Avoid massage to bony prominences & reddened areas  
- Cont. all treatments outlined in prevention phase

#### Stage II & III

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- Notify MD  
- Avoid pressure to affected area  
- Cleanse wound with NSS  
- Duoderm Signal  
- Change dressing every 3 days PRN for leakage or moistness  
- Static Air Mattress or Flexicare bed if multiple ulcers on more than one turning surface  
- Static Air Mattress cushion when OOB in chair  
- Cont. all treatments outlined in prevention phase

#### Stage IV

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- Notify MD  
- Avoid pressure to affected area  
- Irrigate wound with NSS  
- Apply moist saline dressing  
- Change dressing every 3 days PRN for leakage or moistness  
- Cover with dry sterile dressing  
- Cont. all treatments outlined in prevention phase

#### ESCHAR

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- Notify MD  
- Avoid pressure to affected area  
- Cleanse wound with NSS  
- Dry sterile dressing until dry  
- Static Air Mattress cushion when OOB in chair  
- Flexicare  
- Cont. all treatments outlined in prevention phase

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**Physician Signature**

NUR-381 (8/06)