

Resources on Pressure Ulcers for Patients, Nursing Home Residents & Families

All resources listed are free of charge

Information about pressure ulcer prevention and treatment

Preventing Pressure Ulcers: A Patient's Guide

Consumer Guidelines #3 AHCPH Publication No. 92-0048, May 1992

Includes information about where pressure ulcers come from, risks, key steps, how to be active in your care, and more. Although the book is old, the material is good and still relevant.

Treating Pressure Sores: A Consumer Guide

15 AHCPH Publication number 95-0654, December 1994

Discusses treatment of pressure ulcers, how to help pressure ulcers heal, care of healthy skin, how to be active in your care, and other topics.

To get these guides:

Online: [HTTP://www.ncbi.gov/books/br.fcgi?rid=hstat2.chapter.9527.chapter.9527](http://www.ncbi.gov/books/br.fcgi?rid=hstat2.chapter.9527.chapter.9527)

Call 1-800-358-9295 (Allow 3-4 weeks for delivery, although you can often get them within a week. Can order up to 100.)

Write to: AHCPH Publication Clearinghouse P.O. Box 8547 Silver Spring MD 20907

Information connected to overall quality care

Advancing Excellence in America's Nursing Homes Campaign www.nhqualitycampaign.org

This is a national campaign to improve the quality of life and quality of care of nursing home residents. One of the campaign's goals is to reduce pressure ulcers. Other goals include reducing the use of physical restraints and promoting staff stability and consistency – all of which help prevent pressure ulcers!

To get consumer fact sheets on *Reducing the Use of Daily Physical Restraints, Increasing Staff Retention, and Improving Consistent Assignment*, go to:

http://www.nhqualitycampaign.org/star_index.aspx?controls=consumer

NCCNHR: National Consumer Voice for Quality Long-Term Care www.nccnhr.org

This national organization advocates for quality care for nursing home residents and others with long-term care needs.

To access consumer facts on *Assessment and Care Planning and Basics of Individualized Quality Care*, go to: <http://www.nccnhr.org/familymember/factsheets>

Alzheimer's Association www.alz.org

The Alzheimer's Association provides valuable information to assist in caring for people with Alzheimer's Disease and other dementias.

In addition to factsheets, the Association has published a document, ***Dementia Care Practice Recommendations***, which covers fundamentals of dementia care and six key care practice areas: food and fluid consumption, pain management, social engagement, wandering, falls and physical restraint-free care. Also covers end-of-life care.

http://www.alz.org/professionals_and_researchers_dementia_care_practice_recommendation_s.asp

More advanced information

These resources provide more detailed and technical information if you want to learn more - or if you want to share information with caregivers.

Advancing Excellence in America's Nursing Homes Campaign

A

number of webinars, are available. Topics include pressure ulcers, staff stability and consistent assignment.

To access the webinars, go to:

http://www.nhqualitycampaign.org/star_index.aspx?controls=webinars

California Quality Improvement Organization

www.lumetra.com

Among its other responsibilities this organization works with nursing homes to prevent pressure ulcers. It has a number of tools, including the "Rule of 30 tip sheet" and the "Wheelchair adaptation to reduce pressure tip sheets" to help with pressure ulcer prevention.

To access the tools, go to: <http://www.lumetra.com/qio/resource-center/index.aspx?id=157>

Hartford Institute for Geriatric Nursing

www.ConsultGerIRN.org

This website provides information about nursing care for older adults.

To access the pressure ulcer section, go to:

http://consultgerirn.org/topics/pressure_ulcers_and_skin_tears/want_to_know_more