

Reduce Incidences of Pressure Ulcers due to wearing rigid collars

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1. Background and problem

Ward 3B is a 29 bedded Trauma and Orthopaedic ward. There has been an increase in the number of patients admitted with neck fractures, so rigid collars are recommended to limit the movement in the neck and aid healing.

The goal of the QI project was to reduce the pressure ulcer incidence for patients wearing rigid collars for their cervical fractures. The project was focused on providing enhanced teaching and training for the staff. As part of this we also created a care plan to assess patients' skin in order to decrease the incidence of pressure ulcers and therefore improve compliance.



Aspen Vista collar



Miami J collar

2. Aim

To decrease the number of pressure ulcers due to wearing a rigid collar on the Trauma and Orthopaedic ward, to 50% by December 2019.

3. Method

To achieve our goal we developed enhanced training for the nursing team, therapy team and junior doctors on the unit.

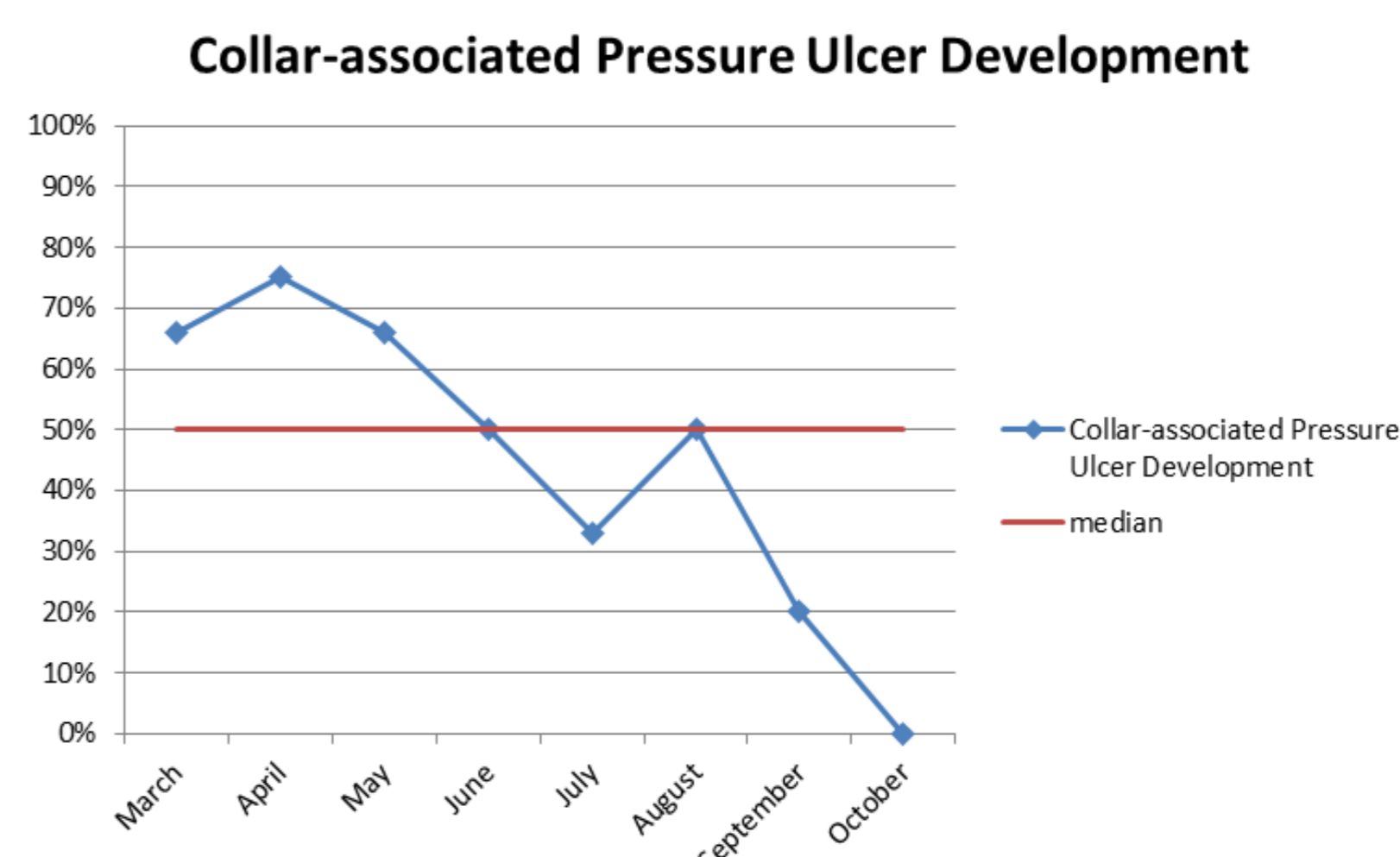
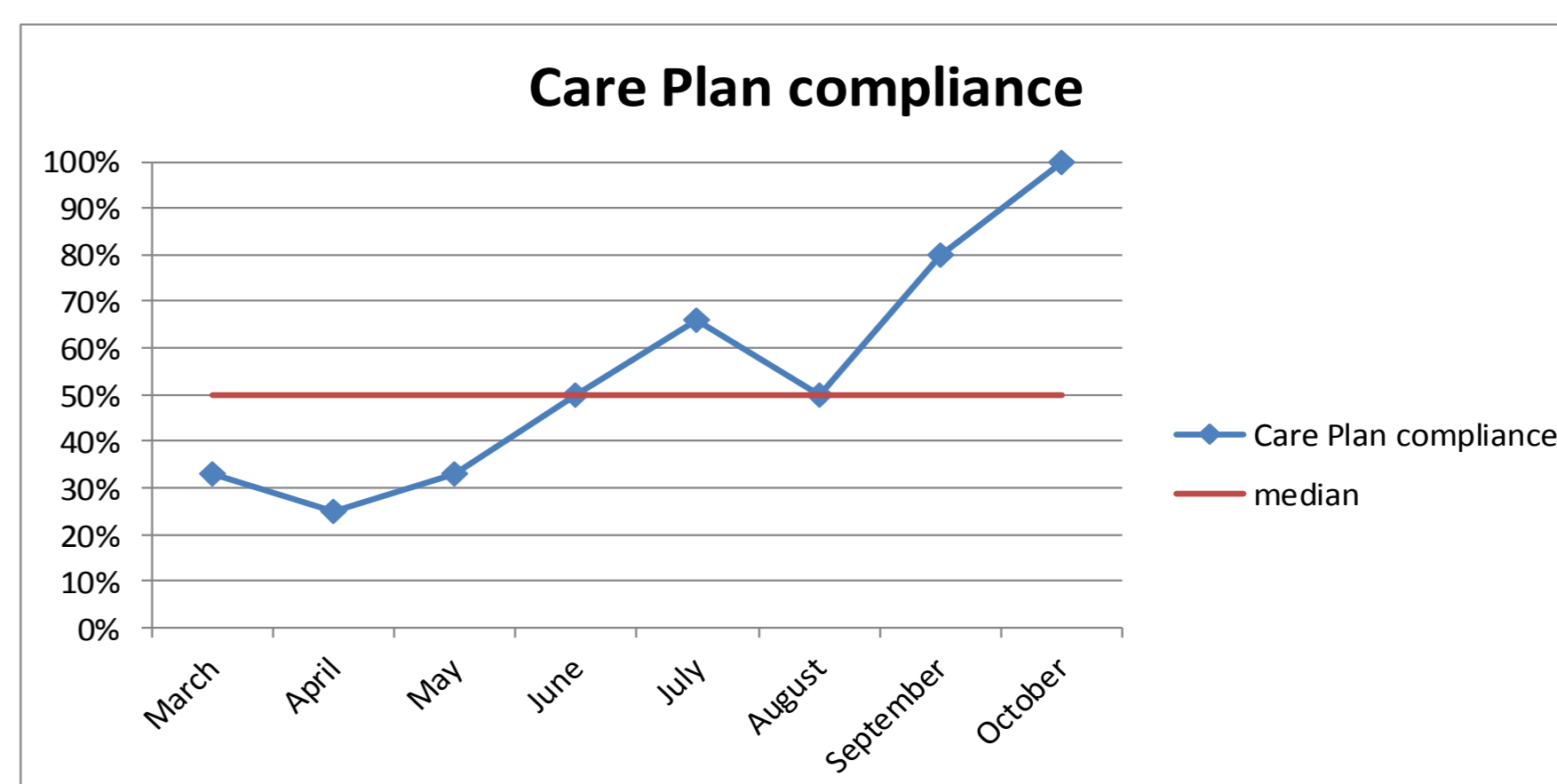
The patient information leaflet was prepared and given to the patient and family members to increase patient awareness.

We tested out a number of PDSA cycles to improve issues such as education, staff /patient engagement, ward meetings and prioritising patients' personal care. Audits were performed within the first week of application of the cervical collars to evaluate the compliance.

Aim	Primary Drivers	Secondary Drivers	Change Ideas
To decrease the number of pressure ulcers due to wearing a rigid collar on the Trauma and Orthopaedic ward to 50% by December 2019.	Compliance	Improve communication especially ward handovers and safety huddles	Nurse in charge to complete a safety huddle to the staff just before the shifts
			Audit patient journey and display the results for the staff to see
		Increase training opportunities	Refresh in house training and online training.
			To create a spinal folder with the necessary information for staff to use during out-of-hours
		Improve documentation	Spot checks on documentation
			Regular ward meetings / Departmental meetings to discuss compliance issues
	Efficiency	Improve education and training	Discuss with spinal team and orthotic department to add this training as mandatory
			Create simple patient leaflets to give out on admission
		Increase patient awareness	Encourage the patient to make sure that the skin care performed daily
			Create a questionnaire for the patients to evaluate the outcome of daily care
		Improve communication regarding the diagnosis	Staff to familiarise the correct diagnosis and need of the collar to avoid unnecessary application
			Staff to participate in safety huddles
	Frequency of pressure area checks	Improve prioritisation skills	Encourage staff to check the patient at the beginning of their shift, where more staff are available to perform the logroll
			Encourage staff to perform skincare and skin check during personal care
		Increase sharing workload	Introduction of a care plan to new members/temporary staff
Increase use of agreed local clinical document			Spot checks to measure the outcome of documentation

	Cycle 1 (May-Jun 2019)*	Cycle 2 (Jul-Aug 2019)	Cycle 3 (Sep-Oct 2019)
P	Audit, visit other trusts	Staff and patient engagement	Staff training
D	Introduction of care plan, leaflets	Presentation, questionnaires Introduction of Aspen Vista collar	Poster, Presentation, emails and training sessions
S	Data collection	Re-audit and analysis	Data collection and analysis
A	Staff training	Involvement of spinal reps, Spinal consultants	Embedding practices and cascading information

*baseline data collected March - April 2019



4. Results

The staff are more confident in dealing with cervical collars, performing daily checks and changing liners. In October 2019, the new care plan was re-audited and the compliance rate in completing the care plan had improved from 33% to 100%. The number of collar-associated pressure ulcers on ward 3B had also fallen to 0%.

5. Next steps

- Develop cervical collar guidelines with the spinal team
- Update all staff about Aspen Vista /Miami J collar and collar care (Surgical/ Medical and Oncology areas)
- Participate in / arrange training sessions across the Trust regarding collar care
- Arrange peer review sessions for cervical collar competency assessments