PREVENT PRESSURE INJURY IN AMBULANCE SERVICE

UNOFFICIAL DRAFT
AUGUST 2022

HUS

ASSESS cABCDE (catastrophic hemorrhage, Airway, Breathing, Circulation, Disability, Exposure). If the situation allows, assess the risk of pressure injury. Supporting basic vital functions and transport to a competent hospital are priorities.

RISK FACTORS FOR PRESSURE INJURIES ARE:

- Circulatory disorder, vasoconstriction, hypotension, hypovolemia
- Hypoxemia, ventilator therapy
- Immobile patient on hard surface
- Paralysis, spinal injury or spasticity
- Poor nutrition or hydration, remarkably under- or overweight
- Fragile or moist skin, swelling or skin exposed to urine or feces
- Parenteral nutrition/only saline intravenous fluids
- Surgery within 48 hours
- Diabetes, cardiovascular, respiratory, neurological or autoimmune disease
- Severe cognitive dysfunction, low GCS
- Patient feels pain due to pressure

1 ASSESS THE RISK

VERY LIMITED MOBILITY, POOR CIRCULATION IN LEGS AND/OR A PRESSURE INJURY

HIGH RISK

ACT TO PREVENT PRESSURE INJURIES. IF NECESSARY, A SPECIAL MATTRESS IN TRANSPORT OVER 2 HOURS.

LIMITED MOBILITY OR A RISK FACTOR

MODERATE RISK

ACT TO PREVENT PRESSURE INJURIES.

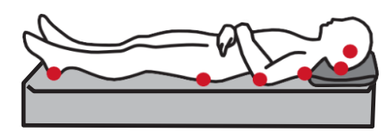
NO LIMITATIONS IN MOBILITY, HEALTHY SKIN

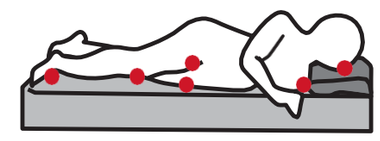
LOW RISK

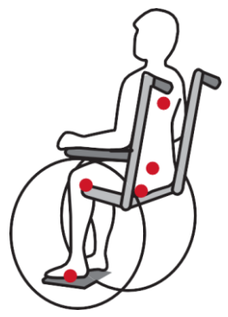
NEW ASSESSMENT WHEN CONDITION CHANGES.

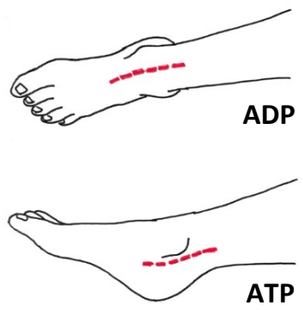
2 PREVENT PRESSURE INJURIES

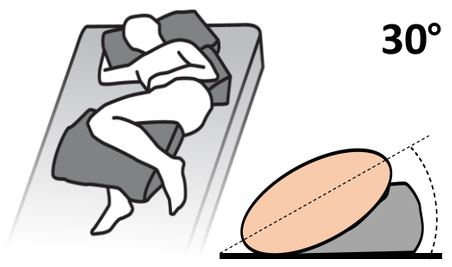
- **SUPPORT BASIC VITAL FUNCTIONS AND OXYGENATION**
  - SpO_2 95 %, if not contraindicated
- **CHECK THE SKIN – PARTICULAR RISK FACTORS ARE:**
  - Pain, redness, or swelling of the skin
  - Loss of sensation or poor circulation
  - Cold feet or absent ADP/ATP pulses
- **CARE FOR THE SKIN:**
  - Avoid friction, strain, and shear stress of the skin
  - Avoid excessive use of hard spinal supports
  - Clean secretions and change any moist textiles
  - Unwrinkle textiles and remove objects causing pressure under the patient
  - Adjust support surfaces, catheters and lines, check cuff pressure
  - Use skin protective products
- **RELIEVE PRESSURE:**
  - Prevent bony prominences from touching each other
  - Keep the head of the bed at the lowest possible level
  - Use pressure relieving cushions on risk areas
  - Especially relieve pressure from heels
- **DRIVE SMOOTHLY AND PREVENT HYPOTHERMIA**
- **RELIEVE PRESSURE, REPOSITION CATHETERS AND CHECK DIAPER EVERY 1 – 2 HOURS IF POSSIBLE**

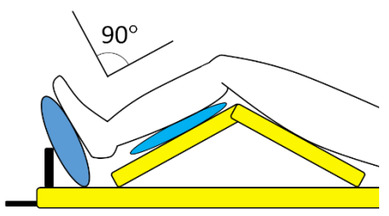












Picture: © Tiina Pukki

3 DOCUMENT AND ACT

- **DOCUMENT, REPORT AND ACT:**
  - Document & report the class of the risk, classification and location of the pressure ulcer, and the performed procedures
  - Pressure relief and repositioning at the time of handover