Seven Steps to Reducing Pressure Ulcers

Leaf Healthcare, Inc. releases key steps based on recently issued guidelines from National Pressure Ulcer Advisory Panel.

Pleasanton, Calif. (November 20, 2014) — In support of World Pressure Ulcer Prevention Day, Leaf Healthcare, Inc. today released seven key steps clinicians might use to help prevent pressure ulcers, as recommended by recently released guidelines from the National Pressure Ulcer Advisory Panel (NPUAP):

1. **Conduct repeated comprehensive risk assessments to identify individuals at risk of developing pressure ulcers.**
   - Reassess risk if individual’s condition has significantly changed.

2. **Inspect skin upon admission and as part of every risk assessment.**
   - Conduct a head-to-toe assessment with particular focus on skin overlying bony prominences.
   - Inspect skin under and around medical devices at least twice daily.

3. **Practice preventive skin care.**
   - Keep skin clean and dry and use barrier products to reduce moisture related risk.
   - Develop an individualized continence management plan.
   - Consider using prophylactic dressings to protect skin.

4. **Assess nutritional status and develop an individualized nutrition care plan.**
   - Ensure adequate energy and protein intake and proper hydration.
   - Monitor unintended weight changes and the effect of psychological stress or neurophysiological problems.

5. **Reposition all patients at risk of pressure ulcers unless medically contraindicated.**
   - Determine repositioning frequency based on the individual’s medical condition, degree of risk and support surface used.
   - Avoid positioning individual on an area of erythema whenever possible.
   - Use the Thirty Degree Rule: 30 degree side-lying position and no more than 30 degree head of bed elevation to prevent shearing forces unless medically contraindicated.
   - Avoid pressure and shear forces when repositioning patient.
6. **Inspect heels regularly and elevate them to prevent heel pressure ulcers.**
   - Use heel suspension devices that elevate and offload the heel completely without placing pressure on the Achilles tendon.

7. **Select a support surface that meets the individual’s needs.**
   - Consider patient’s level of immobility and inactivity, as well as size/weight of the patient and need for microclimate control and reduction of shear forces.

For a copy of this seven-step document, visit: [http://www.leafhealthcare.com/pdfs/LH_SevenSteps_111914.pdf](http://www.leafhealthcare.com/pdfs/LH_SevenSteps_111914.pdf)


Institution-acquired pressure ulcers are a leading threat to modern quality healthcare. Research by the U.S. Department of Health and Human Services’ Agency for Healthcare Research and Quality shows that pressure ulcers cost the nation’s healthcare system more than $11 billion a year. The condition is both excruciatingly painful for patients and costly for providers since it is considered preventable and, therefore, does not qualify for reimbursement by government and other payers.

The Leaf system is comprised of a small, lightweight, wearable sensor that electronically monitors a patient’s position and movements. Data collected by the sensor is communicated wirelessly to central monitoring stations or mobile devices so that caregivers can check on patient position and movement. The system provides alerts when necessary to ensure that all patients wearing a Leaf Sensor are repositioned according to their prescribed turning schedules to reduce incidence of pressure ulcers. The device has been cleared for sale by FDA 510(k).

**About Leaf Healthcare, Inc.**

Leaf Healthcare creates wireless patient monitoring solutions for health care providers seeking more efficient, cost effective ways to improve patient safety and clinical outcomes. The Leaf Patient Monitoring System wirelessly monitors a patient’s position and movement and uses that data to automate and document the management of prescribed turn protocols for patients at risk for hospital acquired pressure ulcers. The company continually seeks to incorporate more patient monitoring features and capabilities into its technology platform, enabling ever-broader improvements to patient safety, clinical efficiency and patient outcomes. To learn more, visit [www.leafhealthcare.com](http://www.leafhealthcare.com)
Leaf Healthcare is a proud supporter of the National Pressure Ulcer Advisory Panel (NPUAP). The NPUAP is an independent organization and does not endorse or promote the products or services of any of its supporters.

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