

**PRESSURE ULCER PREVALENCE IN LONG TERM CARE
IN THE REPUBLIC OF IRELAND**

Zena Moore, Seamus Cowman

Royal College of Surgeons in Ireland, Dublin, Ireland

Background: There is no information on pressure ulcers prevalence in elderly care in Ireland, therefore, a prevalence study was undertaken to investigate key aspects related to current practices in pressure ulcer prevention.

Aim: To identify pressure ulcer prevalence among elderly residents in long term care in the Republic of Ireland.

Methods: Participants were 1,100 elderly individuals residing in 13 long term care settings. Data were collected using the Braden scale, the EPUAP minimum data set and the EPUAP pressure ulcer grading system.

Results: All participants were Irish Caucasian, 70% were female, and 75% were aged 80 years or older. Prevalence was 9%, 28% of pressure ulcers were grade 1, 33% grade 2, 15% grade 3 and 24% grade 4. The most common locations for pressure ulcers were the sacrum (58%) and the heel (25%). Seventy seven percent scored Braden low risk or not at risk, however, 53% were completely immobile/very limited mobility and 58% were chair/bedfast. There was a significant association between activity and mobility and pressure ulcer development (χ^2 45.50, $p=.000$ and χ^2 46.91, $p=.000$ respectively). Conversely, no association was found between nutrition and incontinence and pressure ulcer development (χ^2 15.96, $p=.193$ and χ^2 11.27, $p=.506$ respectively). Fifty percent had a pressure redistribution device in bed and 48% had one in use on the chair, however, only 9% had a repositioning regime planned for when in bed and only 5% planned for when seated in the chair.

Conclusion: This paper reports on the first ever pressure ulcer prevalence survey conducted in long term care in Ireland and results provide significant insights into decision-making and use of resources in the prevention of pressure ulcers.

Acknowledgements: The Health Research Board of Ireland.