

Can you help us to create a significant culture shift and eliminate avoidable pressure ulcers in all health and care settings?



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Editorial on behalf of the #4na-
tions #stopthepressure day team

International Stop the Pressure Day is on Thursday the 17th November this year. For the first time the #4nations of the UK are all working together to ensure we have a really focused set of activities all around #riskassessment. These activities are supported and endorsed by the Society of Tissue Viability (STV), Stop the Pressure Programme, the National Wound Care Strategy Programme (NWCSP) and the National Tissue Viability groups from Scotland, Wales and Northern Ireland.

The focus on risk assessment is important as it allows us to raise the profile of simple key risk factors such as immobility and poor blood supply, while flagging the importance of good skin inspection, not only to health professionals including therapy and social care colleagues, but it also gives us an opportunity to engage with patients, their families, and the general public in early risk identification.

Crucially one of the main sets of assets being produced revolves around the theme of #itcouldbeyou. We are producing a series of very short videos asking patients to say how and why they developed a pressure ulcer (PU) and what the impact was on them. The patients who are involved are the ones who never expected to get a PU and didn't even know what one was or that it could affect them; a young woman who developed a PU in labour, a stable spinal cord injury patient — who had an emergency care plan, but didn't take it when he went to the hospital because he thought he wouldn't be there long, a teenager with spina bifida, as well of some of the more usual frail elderly or immobile patients. We are hoping these short clips can be used in teaching sessions and on social media to really challenge thinking.

It is important that we have a strong message for this awareness day, while we also see a lot of people having great fun — baking cakes, being superheroes, playing games, the prevention of

PU's remains a fundamental activity in health and social care and the underlying purpose of the day is to increase awareness. There are still too many people developing PU's, across all care settings and all age groups. The early identification of risk, and crucially, the planning and implementation of appropriate prevention is the only way we can begin to bring those numbers down, and reduce significant patient harm.

While the majority of activity is focussed on the actual day, there will be plenty of activities in the week leading up to the day and it is hoped the spread of different activities will mean that there is something suitable for everyone, meeting differing learning styles, different clinical needs and the different amount of time you may have to get your message across.

Look out for

- ▶▶ Monday 14 November: A webinar on the PURPOSE T risk assessment tool – presented by Susanne Coleman and Jane Nixon
- ▶▶ Tuesday 15 November: The Society of Tissue Viability Advanced Study Day on “Pressure ulcer prevention and management in patients with complex physical and mental health needs”
- ▶▶ Thursday 17 November: @WeNurses Twitter take over
- ▶▶ Thursday 17 November: A message from the Chief Nursing Office teams from each of the four nations.

There will also be a series of short films discussing each of the elements of the PURPOSE T risk assessment tool. These are not presentations but facilitated discussions with healthcare professionals about how it works for them in practice, sharing hints and tips but also the challenges, so giving really grounded information. Each of them will have a different facilitator and

they will cover:

- » Overview of risk assessment and why PURPOSE T
- » Screening
- » Independent movement
- » Sensory perception and response
- » Moisture
- » Perfusion
- » Nutrition.

There will, of course, be the updated red dots, focussed on risk assessment there are two available this year, one based on the language of the risk assessment tools and one in a more patient friendly language so you can select as appropriate. We have both in a range of high-definition formats, so they are really easy to use in anything you want to print or produce. There will also be a short quiz and for those of you of a competitive nature an online word search, it's a beat the clock version and the letters move around each time you use it so prepare to get frustrated! We are also producing a short PowerPoint presentation on Risk Assessment, the slides can be used on their own and adapted to local needs and circumstances or with the narration provided. We are also delighted to say that our journal colleagues at *Wounds UK* and *Journal of Wound Care* are making their resources for Love Great Skin and Wounds week widely available for us.

All the resources developed will be available both before and after the day so they can be used by anyone across the UK to build into their educational or awareness strategies, they will be free to access and available on both the Society of

Tissue Viability and NWCSP websites. Also, the videos will be on the Society of Tissue Viability and Stop the Pressure YouTube channels, <https://www.youtube.com/channel/UCvRSmJ9Amzrg-yFSinOBACw>, https://www.youtube.com/channel/UC0AJoyu_5kZxO1aOTItK7WA

We hope you find the resources that we have produced useful in your Stop the Pressure Day activities and if you have done something creative why not enter our competition to win a free place for next year's STV conference in Peterborough, to enter submit your information to <https://tinyurl.com/2jharcj7>

All you have to do is:

- » Develop a learning resource that is suitable for a range of health and care settings
- » Closing date for entries is 18 November. Judging to take place a week after.

It would be great to receive any feedback you have on the resources particularly about how you used them and if you measured their impact in any way, please do let us know.

So remember, it's the big day on the 17 November, we look forward to seeing you all on social media, don't forget to use the hashtags #stopthepressure #4nations and #riskassessment as much as you can!

Acknowledgements

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