

OP 19

Risk factors for developing pressures ulcers among patients in Intensive Care Unit, National Hospital, Kandy, Sri Lanka

Ranasinghe WRALM^{1*}, Wasala WMASB²

¹Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka, ²Department of Anaesthesiology and Critical care, Faculty of Medicine, University of Peradeniya, Sri Lanka

Background: Pressure ulcer formation is a significant health care problem that is more common among patients who are bedridden, sedated, paralyzed and on prolonged ventilation. It is an important and avoidable negative indicator of nursing and health care. While early use of risk assessment has shown to significantly reduce the pressure ulcer development in Intensive Care Unit setting. There is a paucity of information regarding potential risk factor for pressure ulcer formation in Intensive Care Unit in Sri Lankan Hospital setting.

Objective: To identify the prevalence and the potential risk factors for pressure ulcers among patients in Intensive Care Unit in National Hospital Kandy, Sri Lanka.

Methods & Materials: A descriptive cross-sectional study was carried out in the medical, surgical, and neurosurgical Intensive Care Unit in National Hospital Kandy, Sri Lanka from August-September 2021, using an interviewer administered questionnaire. Prevalence of pressure ulcers was assessed among the patients in the selected Intensive Units at National Hospital, Kandy, Sri Lanka. Braden scale was used to assess the potential risk factors for pressure ulcer development in the same study group.

Results: Prevalence of pressure ulcer was 5.21% (5 out of 96 patients). The findings of this research revealed that duration of Intensive Care Unit stay $p=0.02$, total hospital duration $p<0.01$, nutrition category of the Braden scale $p<0.00$, diabetes mellitus $p=0.01$, surgical conditions $p<0.01$, inotropic drugs $p=0.02$, anemia history $p=0.03$, frequency of position changing $p=0.03$ and numbers of persons participated for position changing $p<0.01$ as potential risk factors.

Conclusion: Study highlighted that pressure ulcer development is caused by multiple factors. Use of inotropic drugs and having a history of anemia were identified as new risk factors. Implementing unit base care bundles are required to prevent pressure ulcers and improve the outcome of Intensive care patients. We recommend further studies to derive definitive conclusions.