### Competency Statement: Pressure Ulcer Management

<table>
<thead>
<tr>
<th>Competency Indicators</th>
<th>Achieved</th>
<th>Assessor</th>
<th>Competency Indicators</th>
<th>Achieved</th>
<th>Assessor</th>
<th>Competency Indicators</th>
<th>Achieved</th>
<th>Assessor</th>
<th>Competency Indicators</th>
<th>Achieved</th>
<th>Assessor</th>
<th>Competency Indicators</th>
<th>Achieved</th>
<th>Assessor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st Level</strong></td>
<td></td>
<td></td>
<td><strong>2nd Level</strong></td>
<td></td>
<td></td>
<td><strong>3rd Level</strong></td>
<td></td>
<td></td>
<td><strong>4th Level</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All of Level 1 plus:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Risk Assessment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a) Explain the principles of pressure ulcer prevention.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) Discuss the importance of skin assessments on admission.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Demonstrate how to undertake a skin assessment and how this is documented.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d) Be able to explain simple mechanisms to reduce pressure.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e) Explain the rationale for using pressure relieving equipment in the prevention and management of pressure ulcer.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>f) Demonstrate knowledge of moving and handling in relation to tissue damage and aids required to reduce this risk.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g) Be able to explain the impact of poor nutrition.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All of Level 2 plus:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Risk Assessment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a) Explain the factors prior to admission that may contribute to the development of Pressure ulcer.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) Explain how the patient’s condition and treatment may affect their risk of developing a pressure ulcer.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Demonstrate ability in identifying pressure ulcer risk factors and to be able to perform skin tolerance tests.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d) Explain how you would involve the patient and/or carers in the prevention of pressure ulcer and the information you would provide them to support informed consent.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e) Explain the types of equipment available to reduce pressure, when it is appropriate to use them and what action you would</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All of Level 3 plus:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Link Nurse role</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a) Demonstrate activity as part of the TV Link Nurse role.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) Demonstrate knowledge of how to check the categorisation of a pressure ulcer and when it is appropriate to refer to the TV team.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Demonstrate activities undertaken in ward/departmental area to support knowledge and understanding of pressure ulcer awareness for patients and staff.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All of Level 4 plus:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supervision, training and innovation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a) Lead pressure ulcer prevention strategies across the Trust.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) Ensure Trust strategies are in line with Regional and National strategies, guidelines and policies.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Write Trust policies and guidelines in line with Regional and National policies and guidelines.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d) Identify the need for clinical evaluation of equipment and make recommendations to the Trust on the purchasing of equipment.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e) Validation of data for accurate reporting of pressure ulcer prevalence.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>f) Preparation of reports for Trust and region.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
on the development of pressure injury.

h) Be able to explain the link between moisture and skin damage.

**Anatomy and Physiology of the Skin**

- a) Explain how you should assess skin integrity.
- b) Be able to identify signs of pressure ulcer.
- c) Be able to identify signs of moisture damage.

**5 Steps to pressure injury Prevention**

- a) Explain the 5 steps to pressure ulcer prevention and your role in this.
- b) Explain the information you would provide to patients and carers in the prevention of pressure ulcer.

**Reporting Incidents**

- a) Explain the action you would take if you identified signs of pressure ulcer.
- b) Able to safely install and maintain equipment according to patients identified need and comfort. Know who to contact in case of failure.

**Anatomy and Physiology of the skin**

- a) Describe how the blood supply is disrupted through pressure.
- b) Describe the term shear and its affect on skin integrity.
- c) Describe the term erythema (blanchable and non-blanchable) and its relation to the categorisation of pressure ulcer.
- d) Describe the signs of category 1 to 4 pressure ulcer.
- e) Describe how you would explain the effect of and management of moisture and incontinence on skin integrity to a junior member of staff.
- f) Demonstrate an ability to plan preventative care, setting review dates and ensuring plan of care is delivered.
- g) Identify the need to undertake clinical audits as a quality indicator/assurance process.
- h) Provide education and training Trust-wide to support the prevention of pressure ulcers.
- i) Provide expert advice to wards, departments and clinicians on pressure ulcer prevention and management.
- j) Demonstrate the ability to complete complex individual holistic patient assessment and initiate preventative and/or treatment plan.
- k) Monitor progress of complex patients ensuring care is provided as planned and objectives are met.
- l) Advise MDT on management of complex patients and make recommendations for further investigations as required.
- m) Provide expert advice on pressure injury.
Demonstrate the principles of wound management and implementation of a wound care plan ensuring regular wound review and continuity of treatment.

**5 Steps to pressure injury Prevention**

a) Demonstrate how you would explain the 5 steps to pressure ulcer prevention to a junior member of staff.

b) Explain the sources of information available to staff and patients on pressure ulcer prevention and where these are available.

c) Explain the role of the physiotherapist, dietician and Tissue Viability teams in the management of a patient with pressure ulcer.

**Reporting Incidents**

a) Explain the actions you would take if you identified signs of a pressure ulcer.

b) Explain when it is appropriate to refer a patient with pressure ulcer to the tissue viability team.

c) Explain the action you would take to ensure duty of candour.
Take an active role in pressure ulcer investigations and SWARMS.

**Differential Diagnosis**

a) Explain how you would differentiate between vascular ulcers, pressure ulcers and moisture damage.

---

**Education resources to support your development**

<table>
<thead>
<tr>
<th>Training by attending induction programme and patient safety days incorporating pressure injury prevention</th>
<th>Demonstrate knowledge and understanding of PHT policy on pressure ulcer prevention and management</th>
<th>Attend link nurse study sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training on pressure relieving devices from Medical devices team</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Authors:** Karen Oakley  
**Departments:** Tissue Viability  
**Review Date:** Sept 2018

---

**Record of Achievement.**

To verify competence please ensure that you have the appropriate level signed as a record of your achievement in the boxes below.

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
</table>
| Date:  
Signature of Educator/ Trainer | Date:  
Signature of Educator/ Trainer | Date:  
Signature of Educator/ Trainer | Date:  
Signature of Educator/ Trainer |
| Signature of Assessor | Signature of Assessor | Signature of Assessor | Signature of Assessor |
References to Support Competency


SSKIN care bundle http://www.healthcareimprovementscotland.org/our_work/patient_safety/tissue_viability
