

**PRESSURE ULCER PREVENTION FOR HOSPITALIZED  
ADULT PATIENTS: EVIDENCE-BASED NURSING**



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**ABSTRACT**

Pressure ulcer is an area of skin damage caused by any external mechanical force, such as shear, friction or under lived pressure. It is a major complication among hospitalized patients leading to an increased length of hospital stay, morbidity and mortality.

The purpose of this study was to summarize current evidence-based guidelines for prevention of pressure ulcers for hospitalized adult patients. The search strategy was followed by population, intervention, comparison, and outcome (PICO) framework. The guidelines were searched from the electronic databases from Mahidol University library system. The guidelines' qualities were appraised according to the steps, and principles of AGREE II. A total of 14 guidelines were included in this study, and the findings were analyzed, synthesized and summarized. The recommendations synthesized from the guidelines included 1) Conducting a comprehensive skin and risk assessment, 2) Performing moisture management, 3) Encouraging nutrition support by providing sufficient calories intake, and 4) Minimizing pressure, shear & friction; repositioning for reduce the duration of pressure on the skin.

It is recommended that pressure ulcer prevention recommendations should be applied to suit the context of the Bangladesh clinical settings. Strategies to implement the recommendations among hospitalized patients are suggested. Moreover, further research should be conducted to test the effectiveness of the guidelines.

**KEY WORDS: HOSPITALIZED ADULT PATIENTS / PRESSURE ULCER PREVENTION / PRESSURE ULCER / EVIDENCE-BASED NURSING**

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