The Prevention and Management of Pressure Ulcers: an educational workbook.
NHS Education for Scotland, March 2009

Learning Outcomes

Overall aims and learning outcomes

The overall aims of the workbook are to help healthcare staff understand how to:
- protect vulnerable people from the dangers of pressure ulcer development and
- give best-quality, evidence based treatment where a pressure ulcer exists.

Learning outcomes are focussed on supporting staff who provide care to develop and enhance their capacity to fulfil their role as a care giver.

The overall learning outcomes for the programme are that on completion you will be able to:
- Identify patients/clients at risk of developing pressure ulcers
- Describe the physiology of the skin and the process of wound healing.
- Describe the equipment and interventions which can contribute to the prevention of pressure ulcers.
- Assess the degree of tissue damage.
- Discuss the rational for using a range of wound healing products.
- Explain the importance and relevance of the prevention and control of infection in relation to pressure ulcers.

Unit learning outcomes

Unit 1 - Principles of care for people at risk of and with existing pressure ulcers

Learning outcomes

You will be able to:
- Discuss the importance of full patient/client assessment
- Follow the care plan document and carry out care accordingly
- Discuss the importance of regular reassessment and evaluation of care
Unit 2 – The structure and functions of the skin
Learning outcomes
You will be able to:
- Demonstrate an understanding of the basic structure of the skin
- Identify the key components of the skin
- Explain the main functions of the skin

Unit 3 – Factors that may contribute to tissue breakdown
Learning outcomes
You will be able to:
- Describe intrinsic factors that contribute to pressure ulcer development (general health, continence, poor nutrition and hydration).
- Demonstrate awareness of the extrinsic factors that may lead to skin damage.
- Discuss the key differences between pressure damage and excoriation.

Unit 4 - Risk assessment
Learning outcomes
You will be able to:
- Discuss the importance of risk assessment in relation to skin damage.
- Be aware of pressure ulcer risk assessment tools used locally.
- Include pressure ulcer risk assessment in all individual assessments.

Unit 5 – Inspection and care of the skin
Learning outcomes
You will be able to:
- Demonstrate the fundamental principles of skin assessment.
- Discuss the importance of observing, recording and reporting skin damage.
- Demonstrate awareness of issues relating to patient/client dignity and safety.

Unit 6 - Prevention and management techniques
Learning outcomes
You will be able to:
- Demonstrate an awareness of key pressure-redistributing equipment
- State the importance of correct moving and assistance techniques and be able to use them
- Use appropriate equipment when needed
- Make sure that equipment is properly maintained, cleaned and decontaminated.

Unit 7 – Grading of skin damage
Learning outcomes
You will be able to:
- Identify areas of skin damage
- Be involved in the assessment and reporting of skin damage, according to grade, using the standardised pressure ulcer grading tool and the excori ation tool
- Describe the difference between pressure damage and excoriation (moisture damage)
- Differentiate between superficial and deeper tissue damage.

**Unit 8 - Phases of wound healing and fundamental wound management**

**Learning outcomes**

You will be able to:
- Describe the main phases of wound healing
- Discuss some of the factors that may delay healing
- Demonstrate the ability to carry out a basic wound assessment
- Be aware of the role of risk assessment tools
- Demonstrate fundamental knowledge of wound healing products.

**Unit 9 - Prevention and Control of Infection**

**Learning outcomes**

You will be able to:
- Identify the association between pressure ulcers and infection and/or colonisation
- Describe measures that assist in the prevention and control of infection
- Understand the need to adopt standard infection control precautions at all times
- Describe environmental factors that may be improved to reduce the risk of infection.