

Prevalence and incidence of pressure ulcers in self-care dependents followed by the National Network of Integrated Continuous Care in Portugal

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1.Aim: The self-care dependency condition is often associated with the occurrence of pressure ulcers (PU). In this study, we intend to know and determine the prevalence rate and incidence of PU in dependent patients monitored by the National Network of Integrated Continuous Care (NNICC).

2. Method: Descriptive and exploratory study, with a sample of 891 self-care dependents followed by the NNICC selected in a one-year data collection period. Of the total sample, 601 cases were submitted to two independent evaluation moments: admission and clinical discharge.

2.1. Methodological issues:

- Sample of 891 subjects followed by healthcare units in the area covered by the ECL ACES Alto Ave (Northern Portugal) - represents all the cases admitted in the data collection period (Table 1);
- Collection of data through the application of the form "Health profile of dependents and families integrated in the care providers of the NNICC", at the time of admission and clinical discharge of dependents;
- Timeframe for data collection: March 1, 2014 to February 28, 2015.

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Table 1. – Study sample

01/03/2014 a 28/02/2015

Health care units	N	%
A	143	16,0
B	122	13,7
C	160	18,0
D	65	7,3
E	77	8,6
F	99	11,1
G	63	7,1
H	67	7,5
I	62	7,0
J	33	3,7
Total	891	100,0

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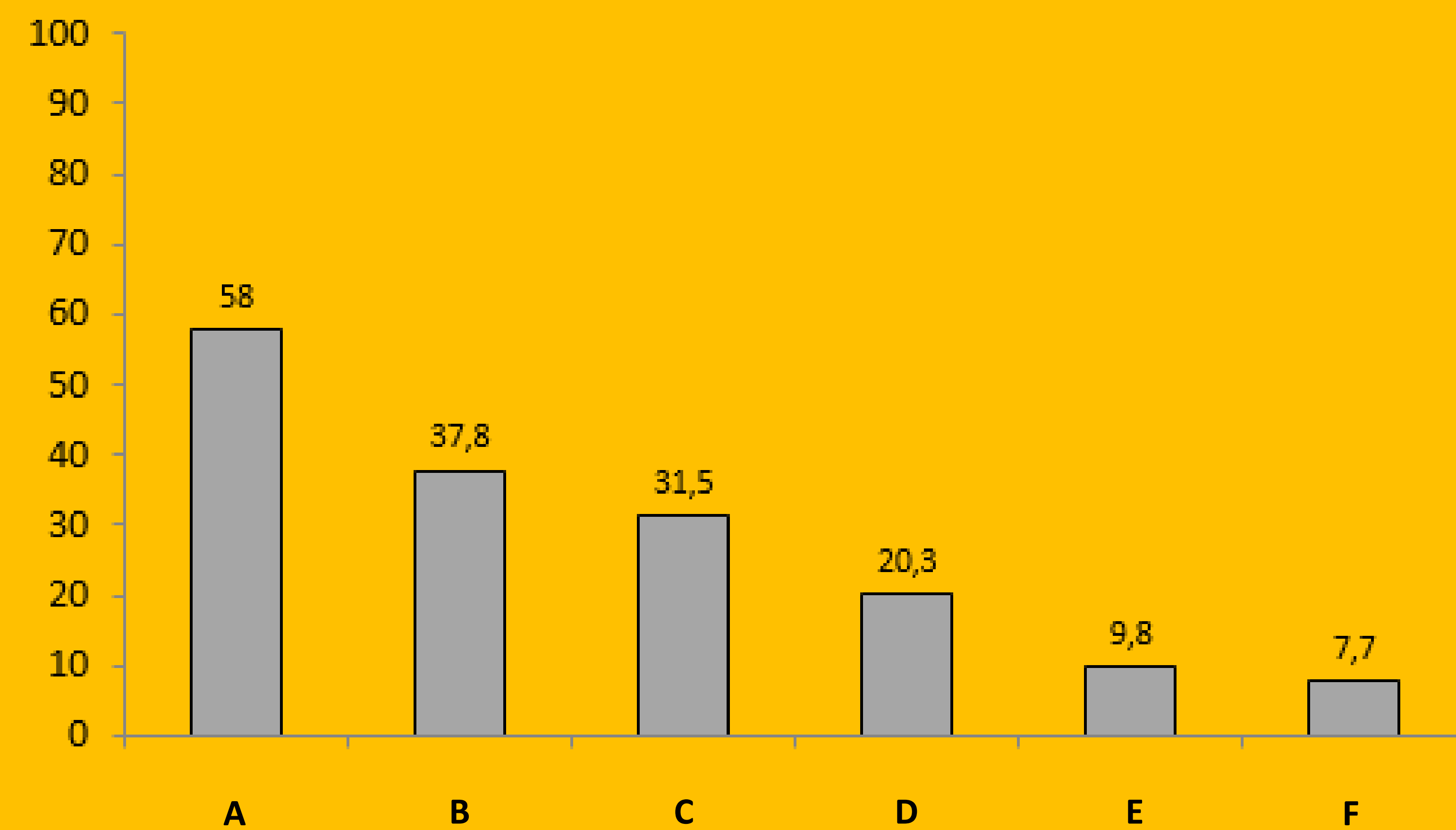
3. Results (Table 2): The mean age of dependents is 76.7 years (SD = 11.61). The majority are female (56.6%). The prevalence rate of PU on admission is 16%. Most presented more than one PU distributed by the following regions (Graphic 1): sacred (58%); trochanteric (37.8%); calcaneal (31.5%); malleolus (20.3%); elbows (9.8%) and occipital (7.7%). The incidence rate of PU was 1.7%. Of the 601 cases that had clinical discharge. 7% maintained PU during hospitalization. In this period of internment 1.7% acquired PU (Graphic 2).

Table 2. – Sample characterization (N=891):

- Majority of **females** (56.6%)
- **Average age: 76.7 years** (Min 15 - Max. 102)
- **Elderly** > 65 years old (84.2%); with > 80 years (39.3%); with > 90 years (8%)
- Schooling: majority **basic education** (50.6%) or **illiterate** (42.6%)
- Marital status: **most married** (46%) and **widowed** (38.8%)
- **Majority pensioner / retired** (60.3%); **farmers or workers / artisans** (26.6%)
- **Majority lives in housing** (87.2%);

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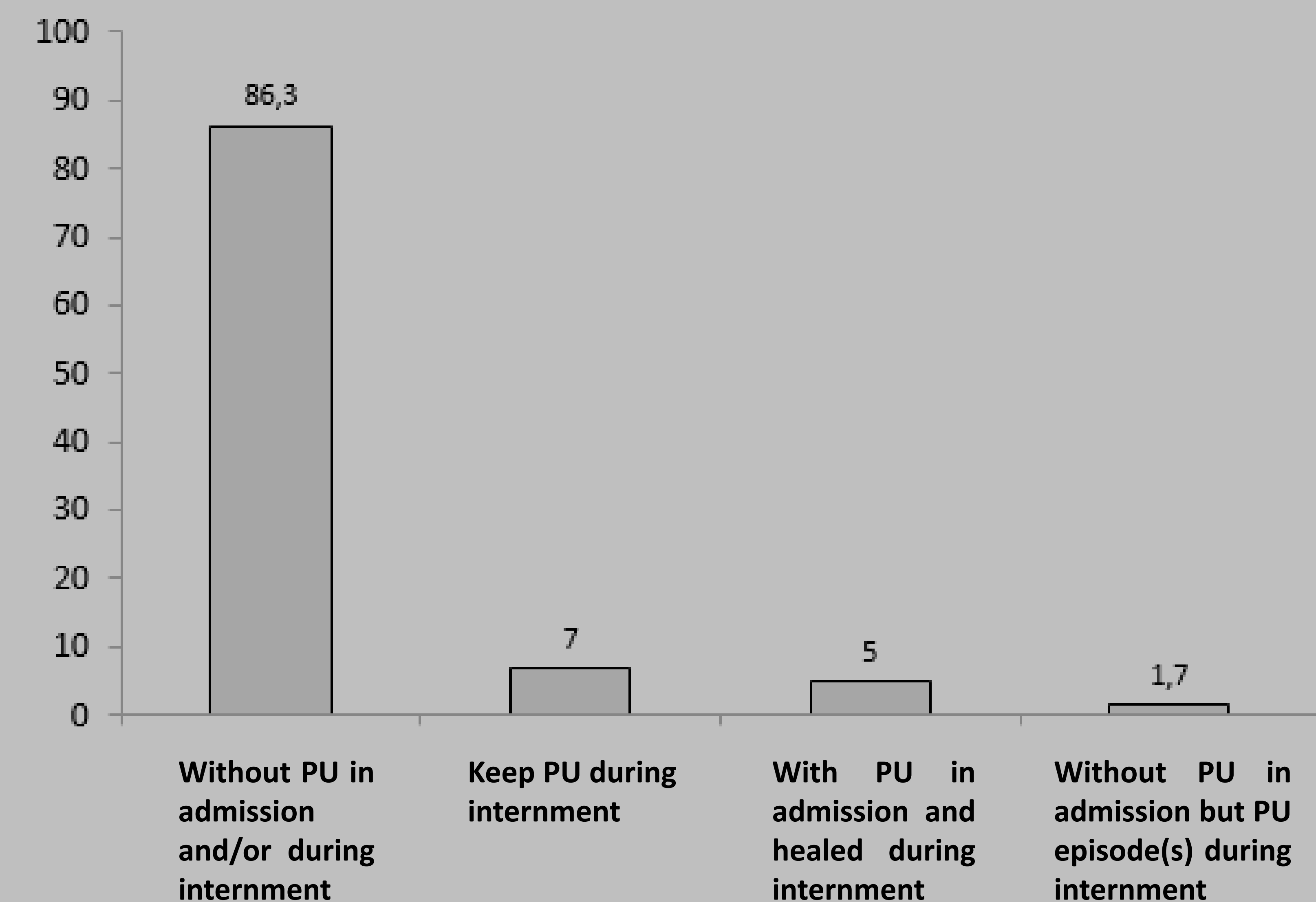
Graphic 1. Prevalence rate and anatomical localization of pressure ulcers (admission)
(N=143) = 16% of total sample (891)



Legend:

- A** – Sacred region;
- B** – Trochanteric region;
- C** – Calcaneus region;
- D** – Malleolus region;
- E** – Elbow region;
- F** – Occipital region;

Graphic 2. Evolution of pressure ulcers in an intrasubject evaluation (N=601)



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4. Discussion: Despite this being a population of elderly, vulnerable dependents, with a significant mean time of dependence, the prevalence rate of PU was high (16%). Regarding the incidence rate, although low, it seems to us also significant (1.7%) in relation to the associated costs and the decrease in comfort and quality of life.

5. Main conclusion: These results should support a broad reflection of the health professionals in order to implement better caring practices, capable of promoting the improvement in the health condition of the dependent people with higher PU risk.

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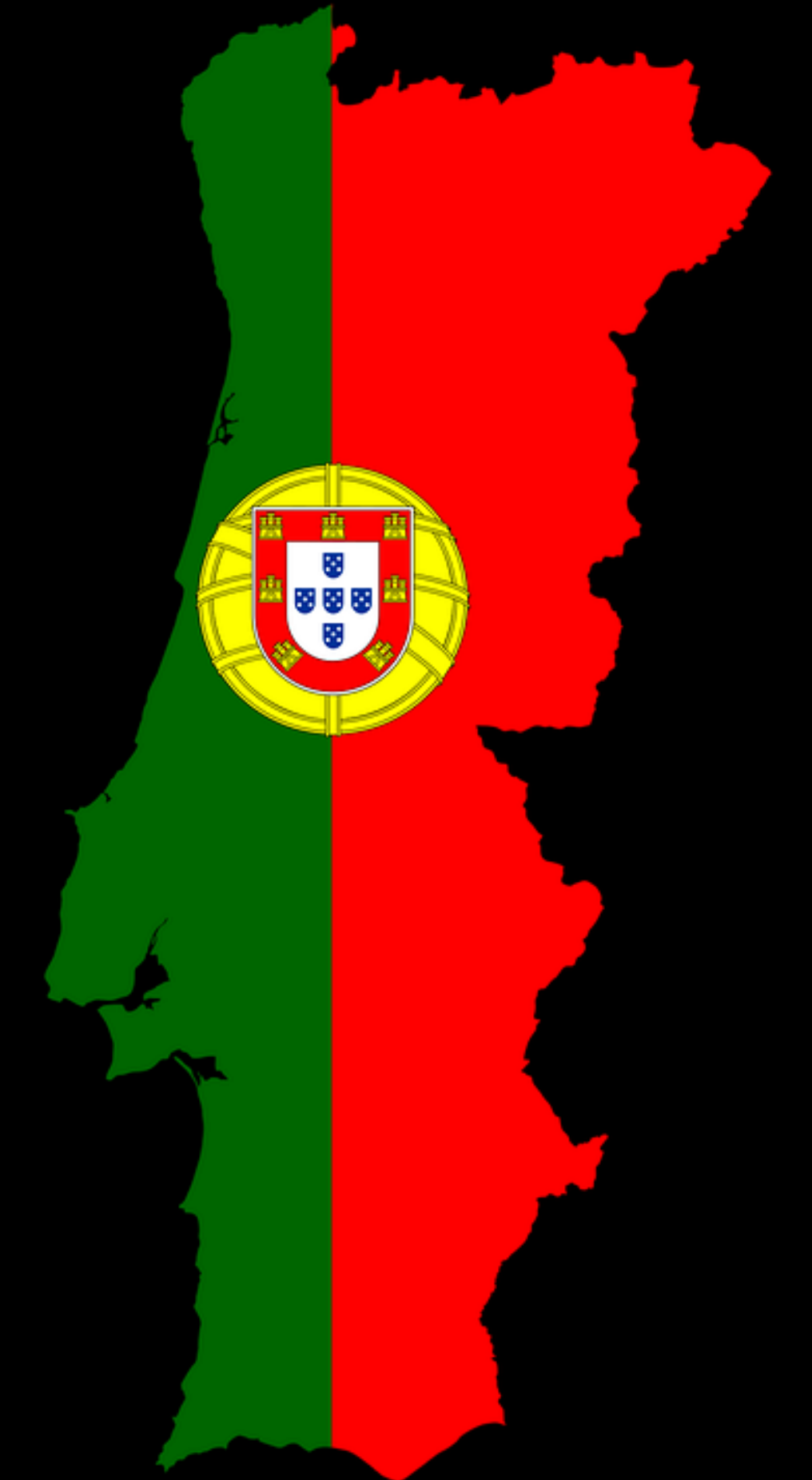
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Thank you for your attention!