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Abstract

Objective: To assess the effect of a multidisciplinary intervention on the prevalence of pressure ulcers in patients admitted to the intensive care unit.

Design: Quasi-experimental study with pre-test and post-test.

Setting: Intensive care unit of a tertiary hospital in Brazil.

Participants: Patients admitted to the intensive care unit between January 2019 and December 2020.

Intervention: The intervention consisted of the implementation of a multidisciplinary protocol for the prevention of pressure ulcers, including the use of pressure-relieving devices, repositioning every 2 hours, and nutritional support.

Main outcome measures: The primary outcome was the prevalence of pressure ulcers. Secondary outcomes were the incidence of pressure ulcers and the length of stay in the intensive care unit.

Results: A total of 1,200 patients were included in the study. The prevalence of pressure ulcers decreased from 15.2% in the pre-intervention period to 8.7% in the post-intervention period (p < 0.001). The incidence of pressure ulcers also decreased from 12.1% to 6.4% (p < 0.001). The length of stay in the intensive care unit did not change significantly.

Conclusions: The multidisciplinary intervention was effective in reducing the prevalence and incidence of pressure ulcers in patients admitted to the intensive care unit.