

# Pressure Injury Prevention in Adults with COVID-19 Fed in the Prone Position Webinar

## Pressure Injury Prevention in Adults with COVID-19 Fed in the Prone Position

Presenter:

Mary D. Litchford PhD, RDN, LDN



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## Objectives

1. Discuss role of nutrition in pressure injury prevention in adults who are tube fed in prone position
2. Describe the benefits of collaborative care for adults recovering from COVID-19



## Mary Litchford, PhD, RDN, LDN

- International speaker, author, medical-legal expert, consultant to HC providers
- President, CASE Software & Books
- President/Past-President, NPUAP 2017-2019
- Author of reference books and advanced-level CE courses (available at [www.beckydorner.com](http://www.beckydorner.com)):
  - Nutrition Focused Physical Assessment: Making Clinical Connections
  - Laboratory Assessment of Nutritional Status: Bridging Theory & Practice
  - Nutrition & Pressure Ulcers: Putting New Guidelines into Practice

**Disclosures:** Consultant to Prosynthesis Labs, Medline Industries; President, Case Software and Books. There are no conflicts of interest for this webinar.



## Prevention of Pressure Injuries (PI) Recommendation

- Focus on meeting estimated requirements for energy in individuals at risk of malnutrition
- Optimize energy intake for individuals at risk of pressure injuries who are malnourished or at risk of malnutrition

European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel, and Pan Pacific Pressure Injury Advisory Panel, Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. Third ed. 2019: EPUAP-NPIAP-PPPIA. Available from: <https://guidelinesales.com/>



## Prevention of Pressure Injuries (PI) Good Practice Statement

- Focus on meeting estimated requirements for protein in individuals at risk of malnutrition
- Adjust protein intake for individuals at risk of pressure injuries who are malnourished or at risk of malnutrition

European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel, and Pan Pacific Pressure Injury Advisory Panel, Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. Third ed. 2019: EPUAP-NPIAP-PPPIA. Available from: <https://guidelinesales.com/>



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## Prevention of PI New research shows:

- Individuals at risk malnutrition or frailty benefit from pre-habilitation, ERAS before surgery
- Individuals at risk of malnutrition or frailty benefit from pro-active nutrition interventions after surgery and following discharge to home or other healthcare facility
- Do not delay starting nutrition!



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## Treatment of PI Recommendations

- Provide 30 to 35 kcalories/kg body weight/day for adults with a pressure injury who are malnourished or at risk of malnutrition
- Provide 1.25 to 1.5 g protein/kg body weight/day for adults with a pressure injury who are malnourished or at risk of malnutrition
- Provide high-calorie, high-protein, arginine, zinc and antioxidant oral nutritional supplements or enteral formula for adults with a Category/Stage 2 or greater pressure injury who are malnourished or at risk for malnutrition



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## Enteral Nutrition for Individuals in ICU

- Acute Respiratory Distress Syndrome proning is used for improved oxygenation
- Episodes of proning usually last 12 hours or more
- If adult is fed by NG tube, turn off feeding 1 hour before prone position turn. Restart TF in prone position as ordered
- Risk for pressure injuries. See free infographic on PI Prevention with Proning [www.NPIAP.com](http://www.NPIAP.com)

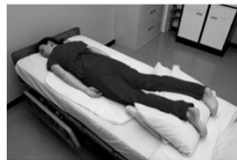


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## Definitions

**Trendelenburg Position:** Body is laid supine or prone, or flat on the back on a 15-30 degree incline with the feet elevated above the head



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**Reverse Trendelenburg position:** Body supine or prone on an incline but with the head elevated 15-30 degrees



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## Enteral Nutrition Feeding in Prone Position

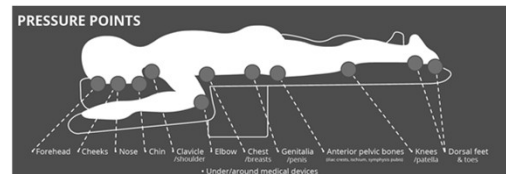
- Feed in supine or prone position
- Use Reverse Trendelenburg Position at least 10-25% degrees
- Nasogastric feeding preferred
- Continuous feeding preferred over bolus
- Secure feeding tube away from skin



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## Pressure Injury Prevention in Proning



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## Nutrition Focused Physical Exam/Assessment

- Adults recovering from COVID-19 often require post-acute care (PAC)
- Adults d/c from ICU who were placed on mechanical ventilation:
  - May require continued tube fed in PAC
  - May have dysphagia related to being on vent
  - May be deconditioned and functionally compromised
  - May have vitamin mineral deficiencies

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## Collaborative Care

- Adults recovering from COVID-19 are at risk for pressure injuries
- Tube fed adults d/c from ICU are at risk for pressure injuries in specific areas
- Work collaboratively with the wound care nurse on:
  - Risk assessment for pressure injuries
  - Prevention of pressure injuries
  - Treatment of pressure injuries

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## Anecdotal Reports from Colleagues Around the World

- Europe: Italy, Netherlands
- US: North Eastern, Eastern states



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## Thank you!



### To Mary Litchford for Supporting this Webinar

- Contact [mdlphd@casesoftware.com](mailto:mdlphd@casesoftware.com)

### For more information

- Visit [www.beckydorner.com/COVID19](http://www.beckydorner.com/COVID19)
- Sign up for our free electronic newsletter to stay up to date on current news
- References and resources provided with handout
- Contact: [info@beckydorner.com](mailto:info@beckydorner.com) or <https://www.beckydorner.com/about/contact/>

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References and Resources from *Pressure Injury Prevention in Adults with COVID-19 Fed in the Prone Position Webinar* with Mary Litchford, PhD, RDN, LDN 4/30/20



1. European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel, and Pan Pacific Pressure Injury Advisory Panel, Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. Third ed. 2019: EPUAP-NPIAP-PPPIA. Available from: <https://guidelinesales.com/>.
2. Munoz, N, Posthauer, M et al. The role of nutrition for pressure injury prevention and healing. *Advances in Skin & Wound Care*. March 2020.33(3).123-136. [https://journals.lww.com/aswcjournal/Fulltext/2020/03000/The\\_Role\\_of\\_Nutrition\\_for\\_Pressure\\_Injury.3.aspx](https://journals.lww.com/aswcjournal/Fulltext/2020/03000/The_Role_of_Nutrition_for_Pressure_Injury.3.aspx).
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5. Litchford, M. Putting the 2019 Nutrition Recommendations for Pressure Injury Prevention and Treatment into Practice. *Advances in Skin and Wound Care*. In press for 2020.

## Resources

- Taylor, B, Patel J, Martindale, R, Warren, M, McClave, S. Joint webinar from Society of Critical Care Medicine and A.S.P.E.N. on Nutrition Support for Critically Ill Patients with COVID-19 Disease: Top 10 Key Recommendations. April 7,2020. <https://www.youtube.com/watch?v=dNmMW3ybXdY>

## Resources Available for Purchase

- Laboratory Assessment of Nutritional Status: Bridging Theory and Practice Course <https://www.beckydorner.com/product/laboratory-assessment-of-nutritional-status-bridging-theory-and-practice-course/>
- Nutrition Focused Physical Assessment: Making Clinical Connections (2012) <https://www.casesoftware.com/ProductCart/pc/viewPrd.asp?idproduct=104&idcategory=11>
- Nutrition & Pressure Injuries: Putting The Guidelines Into Practice (2016) <https://www.casesoftware.com/ProductCart/pc/viewPrd.asp?idproduct=8&idcategory=11>



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- Policy and Procedure Manual (2019)
- Emergency/Disaster Plan for Food and Dining Services (2018)

### More titles (see website for all titles – added frequently):

- Nutrition and Integrative Medicine: A Primer for Clinicians (2020)
- The Genomic Kitchen: Your Guide to Understanding and Using the Food-Gene Connection for a Lifetime of Health (2020)
- Salt Fat Acid Heat: Mastering the Elements of Good Cooking (2020)
- Nutrition & Diabetes Pathophysiology and Management (2019)
- Minimum Data Set (MDS) 3.0 RAI Manual v1.17 Course (2019)
- CMS State Operations Manual Appendix PP Course (2019)
- AADE Quick Guide to Medications (2019)
- Sports Nutrition: A Handbook for Professionals, 3<sup>rd</sup> Edition (2019)
- Nutrition for the Older Adult (2019)
- Food Code 2017 Course (2019)

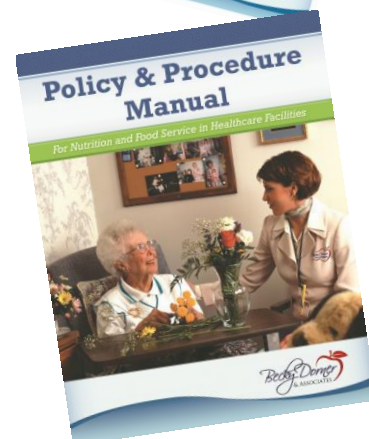
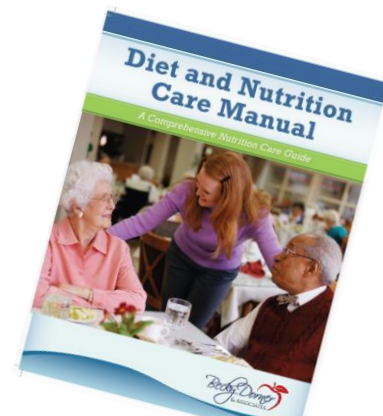
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