

# **PRESSURE FREE ZONE**

The Pressure Free Zone program is a turnkey educational toolkit to assist nursing homes with on-going prevention and elimination of facility-acquired pressure injuries. The Health Quality Innovation Network (HQIN) developed this program for use during the winter season when increased trends are noted in the high-risk pressure injury quality measure across the nation but it can be used at any time to reinforce preventative practices.

The program package includes consistent messaging about the importance of daily pressure injury preventive practices with the following “ready-to-use” tools: memo board to post the number of “Pressure Free” days for each unit or for facility-wide totals; step-by-step plans for brief, instructions to conduct hands-on demonstrations; intervention tools suggested for direct staff and “Pressure Point” posters to reinforce the educational content.

## **Materials available for printing**

### **Notebook cover, back & spine**

#### **Eight modules**

1. Preventive Skin Care
2. Repositioning
3. Incontinence Management
4. Friction and Shear
5. Daily Skin Checks
6. Float Heels
7. Nutrition and Hydration
8. Skin Protection

### **Wipe Off Board** (*print-out for easy laminating*)

#### **Five Simple Steps to Get Started** (*full document online*)

1. Commit, as a Leadership team, to participate in the Pressure Free Zone program.
2. Provide education to direct care staff using programs prepared by HQIN.
3. Post “Pressure Points” posters in common staff areas.
4. Post the Pressure Free Zone laminated wipe-off board on each unit to track your successes.