



Five Simple Steps to Get Started

1. Commit, as a Leadership team, to participate in the Pressure Free Zone program.

- Involve your entire team to set goals and plan implementation steps.
- Identify a CNA champion to work with your leadership team and each unit to achieve the goal.
- Sponsor a kick-off for direct care staff during the program.
- Create a competition between units for the most number of days without facility-acquired pressure injuries. If you only have one unit, challenge each hallway, assignment or nurse med. cart to reach the goal.
- Set some simple rewards for staff with best performance.
 - Examples of performance that could be rewarded: Unit with longest number of days without an acquired pressure injury; Unit with the most number of total days without acquired pressure injury; most improved unit.
 - Reward Ideas: a star posted to celebrate the unit with the longest number of days free of acquired pressure injuries; an ice cream sundae party; doughnut day; pizza.

2. Provide education to direct carestaff using programs prepared by the Health Quality Innovation Network (HQIN).

- Use brief, educational sessions and demonstrations designed for quick “on the unit” in-services. Added bonus: presentations do not require time away from the unit.
- Assign accountability. Designate one staff member per unit to conduct the inservices and post the “Pressure Points” posters (see below).

3. Post weekly “Pressure Points” posters in common staff areas. These are visible reminders to your staff to keep prevention as the focus and achieve the goal of ZERO. One 8.5 x 11 poster per unit is provided.

4. Post the Pressure Free Zone wipe-off board on each unit to track your successes.

Assign one team member to update each tracking board daily to indicate the number of days since an acquired pressure injury was recorded.

- Request this information to be reported each day at morning meeting.