

HOW MUCH VALUE DOES REPOSITIONING HAVE IN PREVENTION?

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Pressure relief is essential for the prevention of pressure ulcers. To achieve complete relief of this pressure, what has always been taught in nursing and then has been the practice has been the changes in posture. Still today it is not clear what the origin of this regular mode of change in posture.

There are reports that have “as an anecdote that the change of position in an interval of two hours is due to the fact that it was the time that the nurses in the hospitals of the Crimean War took to perform their work from one end of the room to the other”. Nightingale, in her work, training of nurses and nursing the sick, spoke about the pressure sores “to control the position in such cases and to prevent or dress ulcers caused by the position in the bed; “, but did not specify the frequency or the interval to perform such a change. Also placed special emphasis on the importance of the change of position in her notes on Nursing, which outlined “Those who cannot move by themselves may die because of ulcers caused by the position in the bed, since nurses are unaware of how to change and groom them,”

In what it refers to specifying the interval of the change of position for the prevention of pressure ulcers, in the United States, Harmer suggested in the first edition of his textbook of the Principles and Practice of Nursing (1922) that “The patient must be moved with great frequency; the position must be changed every hour.

Norton et al. conducted a series of studies on the factors involved in the production of pressure ulcers and their prevention, which includes The Agency for Health Care Policy and Research (AHCPR) (1992), which proposed the postural change “at least every 2 h”, the practical guide to medicine in which the study from Norton et al is cited.

Today, from the emergence of the EPUAP-NPUAP guide, is considered “the shift in position every 4h on a viscoelastic surface” as the current gold standard.