

PressureGuard APM² A Case Study

Patient Profile: Mrs. D was a 77-year old resident in our longterm care facility, with hospice nursing staff, admitted November, 1999 with lymphoma. She had a short life expectancy, was on several pain medications, and had an albumin of 2.2. She had orders for Promod t.i.d., but took it only rarely.

Due to her failing health, Mrs. D developed two Stage II pressure ulcers on her right trochanter, a single stage II on her left trochanter, and a Stage IV on her sacrum.

Goals of care for Mrs. D included:

- 1) To prevent further deterioration of the ulcers, as healing was not realistic.
- 2) Restful sleep. Her health was negatively affected by discomfort on our standard foam mattress. She was not sleeping well due to discomfort, and due to staff coming in every 2 hours to re-position her.

Hospice care can rarely afford or justify the rental of specialty support surfaces compared to other settings, but Mrs. D clearly needed a better mattress than our standard static foam mattress.

Mattress Intervention: Mrs. D. was placed on the PressureGuard APM² on Dec. 17, 1999. The APM² is a powered air-and-foam mattress that can be changed from alternating pressure to lateral rotation. Both of these choices have been shown to be effective in pressure ulcer management. In addition, we thought that the lateral rotation feature would decrease our need to re-position her as often at night, giving her a better chance at restful sleep.

At the time she was placed in the APM², her ulcers measured as follows:

Rt trochanter #1	Stage II	2.1 cm x 3.4 cm
Rt trochanter #2	Stage II	1.2 cm x 1.1 cm
Lft trochanter	Stage II	3.6 cm x 2.2 cm
Sacrum	Stage IV	4.8 cm x 6.1 cm x 3.1 cm, slough and eschar

We used the APM² in alternating pressure during the day, and in lateral rotation at night so that staff would not have to interrupt Mrs. D's sleep.

Results: According to the goals listed above, results are as follows:

- 1) Ulcer Maintenance - By January 26, 2000, all three of her Stage II ulcers had healed, a result we thought was unattainable given her overall medical condition. The Stage IV ulcer on her sacrum had improved only minimally, to 4.7 x 5.9 x 3.0. Accuzyme was being used to debride the slough and eschar.
- 2) Restful sleep – She was much more comfortable on this product, was able to sleep throughout the night without interruption from nursing for re-positioning. Her daughter said that the mattress made life, and the end of life, much more bearable for Mrs. D.

The PressureGuard APM² helped us exceed our goals for care for Mrs. D during her short stay in our hospice. She died on February 2, 2000.

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