Frequency of Bed Sores and its Nursing Care in Patients Hospitalized in Ayatollah Mousavi Hospital in Zanjan from November 2017 to December 2019

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Introduction:

Bed sores are one of the major problems in the health system and one of the indicators of patient safety and quality of health care that can be caused by underlying diseases, inadequate care and inappropriate hospital beds and equipment. This study aims   to evaluate the frequency of bed sores and its nursing care in patients hospitalized in Ayatollah Mousavi Hospital in Zanjan from November 2017 to December 2019.

Method:

This is a descriptive cross-sectional study whose   population include all patients hospitalized in Ayatollah Mousavi Hospital from November 2017 to December 2019. In this study, using a checklist, all patients hospitalized in different wards were evaluated in terms of the presence of bed sores, types and locations of bed sores, time of developing bed sores, care methods and their outcomes to prevent or reduce bed sores were evaluated. The data were collected and analyzed in SPSS version 20 software.

Results:

Out of 441 hospitalized patients, 300 (68%) were male and 141 (32%) were female with mean age of 54.97 ± 24.07 and 57.65 ± 29.19, respectively. The most common causes of hospitalization were 189 (43.6%) patients   with multiple trauma, 69 (15.9%) patients with femoral fracture and 13 (3.00%) patients with ACS diagnosis. Having hospitalized in the hospital, 349(79.1%) patients developed bedsores and the time interval to develop bed sores was a median of 10 (4-22) days. The highest number of patients who developed bedsores was in ICU ward with 185 (42.04%) patients and the least number of them was in pediatric ward with 2 (0.45%) patients.In terms of the type of bed sores, 313 (71.00%) patients had developed grade II, 92 (20.9%)patients had developed grade I, 22 (5.00%) patients had developed grade I and II ,7 (1.60%) patients had developed grade III, 6 (1.40%) patients had developed grade II and III- and one (0.22%) patient had developed grade IV bed sores. The most common site of bed sores was Gluteal muscle, sacrum, back of the head and the heel with 135 (30.75%), 95 (21.64%) and 49 (11.16%) and 24 (5.46%), respectively.Of all patients with bed sores, 189 (42.85%) patients were released with bed sores and 131 (29.70%) patients had completely treated bedsores, and 46 (10.43%) patients whose grade II bedsores had turned into grade I and 75 (17.00%) of these patients died.Among

nursing care provided for these patients, change position was the most important one in 352 (79.4%) patients   and the change position with the use of Comfeel dressing constituted 211 cases (49.29%) and the use of only Comfeel dressing   was 42 cases (9.81%). Overall, the rate of bedsores in the first and second six months of the year was 47.61% and 52.39%, respectively, with no significant difference.

Discussion and conclusion:
The results showed that bed sores with varying grades and intensities existed in different wards of the hospital and despite nursing care, the rate of bed sores and mortality due to that was high among patients. Therefore, identifying the causes of bedsores in different wards and their prevention can prevent mortality, length of stay and costs of hospitalization and the time wasted by medical personnel.

Key words: Bed sores, frequency, nursing care, hospitalized