

FOR IMMEDIATE RELEASE:

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## MCHC Receives Save Our Skin Award

**Madelia, Minn.** – The Minnesota Hospital Association (MHA) presented the Madelia Community Hospital & Clinic (MCHC) Skin Care Team with certificates and pins for their commitment to keeping patients’ skin safe. The award is typically given to a team that prevents a pressure ulcer in a patient who likely would have developed one. In this case however, the team was recognized for their overall efforts because there have been zero hospital acquired pressure ulcers at MCHC for several years.

Pressure ulcers or bedsores are areas of damaged skin and tissue caused by staying in one position for too long, reducing blood circulation to vulnerable areas of the body. They commonly form where bones are close to the skin, such as ankles, back, elbows, heels and hips. People most at risk are those with a medical condition that limits their ability to change positions, requires them to use a wheelchair, or confines them to a bed for a long time. Pressure ulcers can develop quickly and are often difficult to treat. Injured tissue is always at risk of developing infections, which can spread and lead to serious illnesses.

In 2008, the MCHC Skin Care Team and the nursing staff first began to work on this initiative. The pressure ulcer rate at MCHC was at 15%. With a desire to make change, RN Megan Gossman agreed to be the Skin Care Champion and began work on the Safe Skin Roadmap. The team began developing skin breakdown prevention and wound care management policies based on best practices. They also began looking at skin-friendly bathing and incontinence products.

“Megan found a humorous way to hold the nursing staff accountable, and staff was receptive to her passion for this project,” said Jodi Ulmen, Quality/Risk Management Director at MCHC. “As a night nurse at the time, Megan made sure that every patient in our care got a head to toe skin assessment while being turned, given a back rub, when they were up to the bathroom or whenever the opportunity presented itself.”

The nursing staff was educated on recognition and identification of the different stages of pressure ulcers, prevention techniques, assessments, product use, special equipment needs for patients, etc. The MCHC leadership approved additional training for nursing staff interested in becoming “wound warriors.” These nurses worked closely with providers in developing care plans and associated orders to prevent wounds and manage the wounds of patients who had ulcers present on admission.

As a result of the staff efforts, the hospital acquired pressure ulcer rate dropped to 2% in 2009 and to 0.1% in 2010. We have maintained a very low rate and for the past several years have not reported any hospital acquired pressure ulcers.



Members of the MCHC Skin Care Team are pictured from left to right: Ruth Frederickson, Dietary Manager; Megan Gossman, RN, Skin Champion; Jodi Ulmen, RN, Quality/Risk Management Director; Lana Bruns, Purchasing Manager; Laura Mayer, RN, Home Care Director; Michele Miles, RN; and Betty Spidahl, LPN. Not Pictured: Chris Wellmann, LPN.

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### **About Madelia Community Hospital & Clinic**

Madelia Community Hospital & Clinic is an independent, nonprofit facility staffed by a team of physicians and medical professionals that are profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed critical access hospital, we offer all the primary health services including: medical/surgical care, swing bed, home care, radiology, emergency care, urgent care, direct access laboratory and physical therapy, and more. Our attached family medical clinic provides care for acute illnesses, minor injuries, chronic disease management, physicals and immunizations, and preventive care for patients of all ages. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.