ADERMA® on grade 1 pressure ulcers

**Design**
ADERMA was used on 29 residents across 3 nursing homes, all with a Waterlow score over 15 (high risk) and existing grade 1 pressure damages to the heel. Visual and ultrasound inspection was carried out at the start of the study and after 1, 4, and 8 weeks.

**Results**
All the treated heels improved and returned to a pre-injured state within weeks of commencing treatment. The visual inspection of the skin showed a reduction in Erythema, while the ultrasound images showed that the skin condition improved below the surface as well. The heels without ADERMA receiving standard care did not improve.

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ADERMA as part of a Care Plan

**Design**
ADERMA was used for 3 months in an acute NHS foundation trust as part of a Care Plan across 2 elderly wards, 1 orthopaedics ward and 1 general surgery ward. ADERMA was added to the care plan that already included repositioning and regular skin inspections. Figures for incidence, severity and number of pressure ulcers were compared to the 3 months before ADERMA was included.

**Results**
The addition of ADERMA to the care plan contributed to an 87% drop in incidence of hospital acquired pressure ulcers. The reduction in the overall number of pressure ulcers was 75% including an eradication of all grade 3 and 4 pressure ulcers.

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**References**
4. A3 application poster
5. Evaluation Form
6. Skin guide
7. A5 range guide
8. A3 poster
9. A3 application poster
10. A3 application poster

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**Ordering Codes**

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ADERMA is available on prescription and can be ordered through your local pharmacy.

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**ASTERisks**
- Hospital
- Nursing home
- A3 application poster
- Recently healed pressure ulcers to help prevent and aid tissue recovery
- Grade 1 pressure ulcers to prevent deterioration
- Areas at risk or showing signs of developing skin damage.
- Includes those with deep tissue injury.

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**Prevention is the cure**

ADERMA Dermal Pad
Designed to help prevent pressure ulcers

- Effective as part of a daily skin inspection routine.
- Can be cut with scissors.
- Can be washed.
- Designed to help prevent pressure ulcers
- Can be used on intact skin and can be used on:
  - Recent pressure ulcers
  - Grade 1 pressure ulcers
  - Areas at risk or showing signs of developing skin damage
  - Can be used in the same way as pressure damage, in particular bony areas.

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**The following support materials are available for you to order:**
- A3 application poster
- Evaluation Form
- Skin guide
- A5 range guide

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**Prevention is the cure**

ADERMA Dermal Pad
Designed to help prevent pressure ulcers
ADERMA™ Dermal Pads

ADERMA is a dermal gel pad that redistributes pressure to protect critical areas. It is typically used on bony areas to help prevent skin damage from pressure.

ADERMA™ can be used on:

- **It is typically used on bony areas to help prevent skin damage from pressure.**

ADERMA is a dermal gel pad that redistributes pressure to protect critical areas.

**How it works**

High pressure points can disrupt the flow of blood and the supply of oxygen which can cause damage to the skin. ADERMA works by redistributing pressure over a larger area to reduce the peak pressure at any one point (usually a bony area like the heel or the sacrum). Instead, the force is spread over a larger area, reducing the average pressure on the skin.

**The human and economic cost of pressure ulcers**

Around 420,000 people are likely to develop a pressure ulcer annually**, including 4-10% of patients admitted to hospital**. An estimated 31% are grade 3 or 4 (EPNAP)**, causing severe pain and discomfort to the patient. The costs of treating pressure ulcers has been estimated between £1.4bn - £2.1bn per year – the average cost to hospitals for one grade 4 ulcer annually is £10,551 per episode**. Pressure ulcers also increase length of stay with an average of 4 days**.

Pressure ulcers may cause severe pain and discomfort to the patient, and increase length of stay. They can also increase the risk of infection and reduce mobility. Some care settings have put these elements into a simple checklist, for example as part of Intentional Rounding or using the SKIN Bundle. Such plans are based on regular checks for common risk factors and routine care such as repositioning or toileting assistance. An effective care plan could help to reduce call rates, patient falls and pressure ulcers, and increase patient satisfaction.

**A Care Plan for pressure ulcer prevention can take many different forms but usually includes elements like:**

- **Regular repositioning**
- **Regular skin inspection**
- **Keeping the skin clean and dry**
- **Good nutrition**
- **Specialized beds**
- **Cushions**

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**A Care Plan with ADERMA**

ADERMA™ dermal pads are an excellent addition to any Care Plan by protecting at-risk areas from pressure damage, in particular bony areas. They can be washed and re-used by the same patient as part of a regular skin inspection routine:

1. **Remove ADERMA and inspect the skin**
2. **Clean the skin and the ADERMA pad with the same solution, and rinse well**
3. **Dry the skin and the ADERMA pad and reapply**

ADERMA™ has been shown to contribute to a significant drop in the number of pressure ulcers. To help you achieve a reduction in pressure ulcers you could add ADERMA to your care plan checklist:

**Check if ADERMA is in place on at-risk areas**

**Pressure & Friction**

- Sensory loss
- Poor blood circulation
- Malnutrition
- Age, gender, weight

**Early Risk Assessment**

To identify which patients need a care plan, an early risk assessment is usually carried out in the first 4-6 hours after the patient is admitted into care. Popular scoring cards like Braden or Waterlow look at common risk factors such as: **

**Care Plan**

A Care Plan for pressure ulcer prevention can take many different forms but usually includes elements like:**

1. **Skin condition**
2. **Immobility**
3. **Sensory loss**
4. **Mobility**
5. **Costs of treating pressure ulcers have been estimated between £1.4bn - £2.1bn per year – the average cost to hospitals for one grade 4 ulcer annually.**
6. **Pressure ulcers may cause severe pain and discomfort to the patient, and increase length of stay.**
7. **Some care settings have put these elements into a simple checklist, for example as part of Intentional Rounding or using the SKIN Bundle.**
8. **An effective care plan could help to reduce call rates, patient falls and pressure ulcers, and increase patient satisfaction.**
9. **A Care Plan for pressure ulcer prevention can take many different forms but usually includes elements like:**
10. **Regular repositioning**
11. **Regular skin inspection**
12. **Keeping the skin clean and dry**
13. **Good nutrition**
14. **Specialized beds**
15. **Cushions**
16. **Some care settings have put these elements into a simple checklist, for example as part of Intentional Rounding or using the SKIN Bundle.**
17. **Check if ADERMA is in place on at-risk areas**
18. **To help you achieve a reduction in pressure ulcers you could add ADERMA to your care plan checklist:**

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**Figure captions:**

1. **Strip** - The strips are ideal for more tricky areas like between fingers and toes, behind the ear, or over the nose under face masks. The wider strip is also commonly used down the spine.
2. **Sheet** - Can be used under the foot or with the long way across the heel for mobile patients. It can also be used on elbows and knees.
3. **Sacrum** - This shape can be held in place with incontinence pads or under face masks. The wider strip is also commonly used down the spine.
4. **Heel** - The heel can be used with the long way across the foot for mobile patients or with the long way across the heel for immobile patients. It can also be used on elbows and knees.

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**Notes:**

- ADERMA is a dermal gel pad that redistributes pressure to protect critical areas.
- It is typically used on bony areas to help prevent skin damage from pressure.
- ADERMA is a dermal gel pad that redistributes pressure to protect critical areas.
- ADERMA works by redistributing pressure over a larger area to reduce the peak pressure at any one point (usually a bony area like the heel or the sacrum). Instead, the force is spread over a larger area, reducing the average pressure on the skin.
- The human and economic cost of pressure ulcers:
  - Around 420,000 people are likely to develop a pressure ulcer annually, including 4-10% of patients admitted to hospital.
  - An estimated 31% are grade 3 or 4 (EPNAP), causing severe pain and discomfort to the patient.
  - The costs of treating pressure ulcers have been estimated between £1.4bn - £2.1bn per year – the average cost to hospitals for one grade 4 ulcer annually is £10,551 per episode.
  - Pressure ulcers also increase length of stay with an average of 4 days, significantly increasing the demand on nursing time and resource.
- How it works:
  - High pressure points can disrupt the flow of blood and the supply of oxygen which can cause damage to the skin.
  - ADERMA works by redistributing pressure over a larger area to reduce the peak pressure at any one point (usually a bony area like the heel or the sacrum). Instead, the force is spread over a larger area, reducing the average pressure on the skin.
- A Care Plan with ADERMA:
  - ADERMA™ dermal pads are an excellent addition to any Care Plan by protecting at-risk areas from pressure damage, in particular bony areas. They can be washed and re-used by the same patient as part of a regular skin inspection routine.
  - ADERMA has been shown to contribute to a significant drop in the number of pressure ulcers. To help you achieve a reduction in pressure ulcers you could add ADERMA to your care plan checklist:
    - Check if ADERMA is in place on at-risk areas.