

ABSTRACT

Pressure ulcers are one of the quality indicators of nursing care, their presence reduces the quality of life of the patient, leads to a prolongation of hospitalization, increases costs of care and affects the budget of a health care facility. European Pressure Ulcer Advisory Panel or the European Advisory Board on issues of bedsores (EPUAP) leads and supports all European countries in their efforts to prevent and treat pressure sores. EPUAP working group has developed guidelines for the prevention and treatment of pressure ulcers. One of the important factors in providing the highest quality of nursing care is the ability of nurses to practically use the research results in the nursing process. This thesis deals with the effective use of the latest advances in the prevention of pressure sores and their treatment in the intensive care in Czech Republic.

The main objective of this thesis is to explore the latest methods of prevention of pressure sores and care, according to Evidence-based practice principles EPUAP and analyze their practical implementation in selected intensive care wards. Quantitative research was conducted through an anonymous questionnaire in the population of nurses working in intensive care.

The results of the research show that nurses working in intensive care, implement interventions in the prevention of pressure ulcers in accordance with Directive EPUAP. A risk area for pressure ulcer prevention is the skin care of patients, especially the implementation of inappropriate massage reddened skin and its inadequate evaluation. Treatment of pressure ulcers is also carried out in accordance with EPUAP recommendations in this area primarily I consider inadequate assessment has resulting the ulcer, so I recommend to facilitate evaluation of the ulcer translate from English and put into practice some of rating scales listed in EPUAP Directive. Despite the fulfillment of the first two milestones, I believe it would be appropriate to make, especially in high-risk areas of prevention and care of pressure ulcers nurses also educate and refined. As the biggest obstacle to the introduction of new methods of prevention and treatment of pressure ulcers sisters consider the lack of time, it can actually rectify the forthcoming change in the education of health professionals, whose goal is to bring more nurses into practice and thus have more time for implementing these methods.

On the basis of the results of our research will be drawn article published in the journal, which aims to contribute to the effective use of knowledge gained from research and thus to a more efficient prevention of pressure ulcers and improve themselves caring for patients with pressure ulcers in intensive care.

keywords: pressure ulcers, intensive care, evidence-based practice, prevention, nursing, nursing care