

Eastern Kentucky University

Encompass

---

Doctor of Nursing Practice Capstone Projects

Baccalaureate and Graduate Nursing

---

2021

## Improving the Utilization of CNAs in Pressure Ulcer Prevention

Jaclyn N. Bitterman

Eastern Kentucky University, [jaclyn\\_bitterman@mymail.eku.edu](mailto:jaclyn_bitterman@mymail.eku.edu)

Follow this and additional works at: <https://encompass.eku.edu/dnpcapstones>



Part of the [Nursing Commons](#)

---

### Recommended Citation

Bitterman, Jaclyn N., "Improving the Utilization of CNAs in Pressure Ulcer Prevention" (2021). *Doctor of Nursing Practice Capstone Projects*. 64.

<https://encompass.eku.edu/dnpcapstones/64>

This Open Access Capstone is brought to you for free and open access by the Baccalaureate and Graduate Nursing at Encompass. It has been accepted for inclusion in Doctor of Nursing Practice Capstone Projects by an authorized administrator of Encompass. For more information, please contact [Linda.Sizemore@eku.edu](mailto:Linda.Sizemore@eku.edu).

## **Abstract**

An estimated 2.5 million Americans are affected by pressure ulcers annually with the largest majority impacted the geriatric population. In order to achieve prevention of facility acquired pressure ulcers, the nursing team must properly identify patients at risk to prevent the injury associated with pressure. CNAs play a key role in this effort. The purpose of this project was used to develop, implement, and evaluate a training program for CNA students to improve knowledge and promote engaged attitudes in the prevention of pressure ulcers. Results of the project showed improvement after the training, but overall was not statistically significant. Overall the training program was successful and the students did agree they would be better prepared to care for patients with pressure ulcers including identifying risk factors, identifying at risk patients, stages of ulcers, and reporting of pressure ulcers.

*Keywords:* pressure ulcers, prevention, geriatrics, long-term care, CNA, student