

Pressure Ulcers

Introduction

- According to the Centers for Disease Control and Prevention, “[p]ressure ulcers, also known as bed sores... are serious medical conditions and one of the important measures of the quality of clinical care in nursing homes.”²⁵
- While some pressure ulcers are unavoidable, research indicates that, “[i]n the vast majority of cases, appropriate identification and mitigation of risk factors can prevent or minimize pressure ulcer (PU) formation.”²⁶
- **Nevertheless, 7.26% of U.S. nursing home residents have unhealed pressure ulcers.** This is likely a significant undercount, since studies have found that many nursing homes under-report these data.²⁷
- This section contains state and regional data on pressure ulcer (PU) rates and citations (F686 - Treatment/Services to Prevent/Heal Pressure Ulcers), including key findings, a map data visualization, and tables.
- **Methodology:** Citation Rates for pressure ulcers (PUs) were calculated based on PU citations and the number of residents with unhealed pressure ulcers in the fourth quarter of 2019 (*MDS 3.0 Frequency Report (Q4 2019)*, M0210: Skin Conditions - Unhealed Pressure Ulcers).

A wound unhealed: A “No Harm” Pressure Ulcer Deficiency (F686)

At a Delaware nursing home, a resident suffering a stage 3 pressure ulcer (an open, sunken hole) was not turned or repositioned by staff as the facility’s skin practice guide directed. The surveyor found that the facility violated standard recommended interventions for pressure ulcers but did not cite the deficiency as harm.

Key Findings

- Pressure ulcers are a problem for over 92,000 nursing home residents.
- Though they are a serious problem and largely preventable or treatable, states cite nursing homes the equivalent of less than 3% of the time that a resident has a pressure ulcer.

²⁵ NCHS Data Brief, No. 14 (Feb 2009), which incorporates *Pressure Ulcers Among Nursing Home Residents: United States, 2004*. Available at www.cdc.gov/nchs/data/databriefs/db14.pdf.

²⁶ Edsberg, L.; Langemo, D.; Baharestani, M.; Posthauer, M.; and Goldberg, M., “Unavoidable Pressure Injury: State of the Science and Consensus Outcomes,” *Journal of Wound, Ostomy & Continence Nursing*: July/August 2014 - Volume 41 - Issue 4 - p 313–334. Abstract available at http://journals.lww.com/jwocnonline/Abstract/2014/07000/Unavoidable_Pressure_Injury_State_of_the_Science.6.aspx.

²⁷ See, for example, Integra Med Analytics, *Underreporting in Nursing Home Quality Measures* (Aug 2020), finding that “over half of SNFs [nursing homes] under-reported by at least a factor of two.” Available at <https://www.nursinghomereporting.com/post/underreporting-in-nursing-home-quality-measures>.

- Annual PU citation rates varied considerably by region and state. In Region 10, citation rates for residents with an identified pressure ulcer (5.2 per 100) occurred at 12 times the rate as they did in Region 2 (0.4 per 100).
- When States *do* cite a facility for inadequate pressure ulcer care or prevention, they only identify this as harmful to residents about 23% of the time. Since, by definition, a pressure ulcer is a wound, what message does this send to the industry? To the state’s residents and families?
- The ability to identify resident harm varied by region and state. In Region 10, 45% of PU citations were ranked as G+ compared to only 10% in Region 2.
- Identification of *any* resident harm resulting from substandard pressure ulcer care is rare in many states. DC, Maine, and Puerto Rico failed to record a single G+ PU citation in the three-year period while Alabama, Nevada, New Hampshire, New Jersey, and Vermont recorded only one (1) PU citation as causing resident harm over the three-year period (see *Figure 12*). As a result, for example, the data indicate that **even when New Jersey surveyors substantiate substandard pressure ulcer care in a nursing home, they only identify this as harmful to residents 3% of the time.**

What is RPU Citation Rate?
 RPU Citation Rate measures the number of PU citations per 100 residents with reported pressure ulcers (RPU).

Data: Map and Tables

RPU Pressure Ulcer Citation Rate and Severity by State (2018-20)

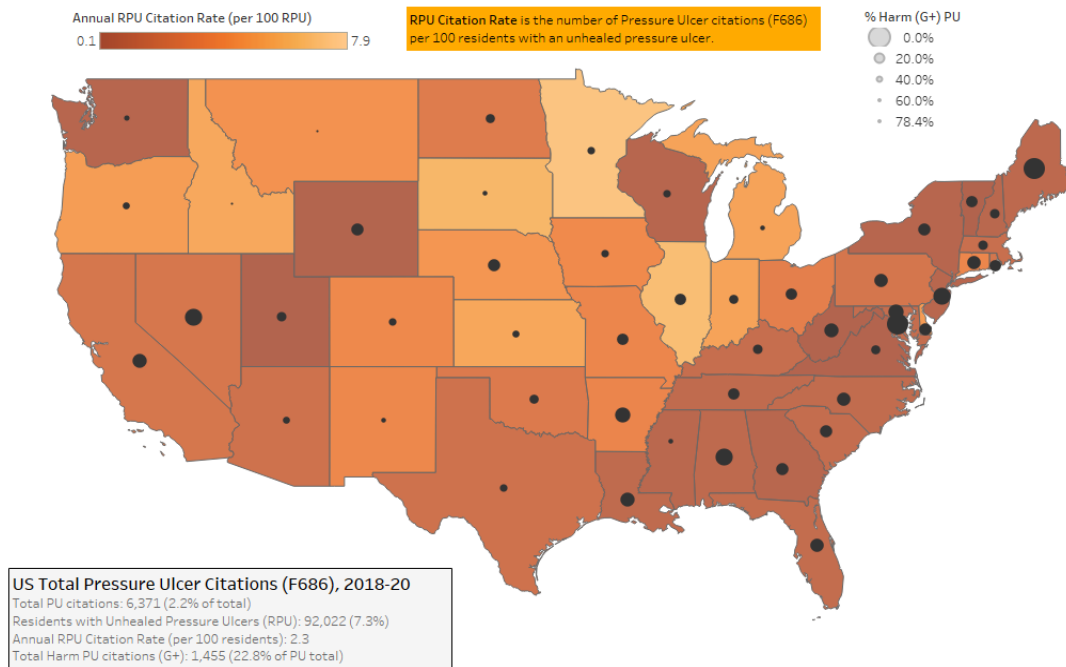


Figure 11: Annual RPU Citation Rate (PU citations (F686) per 100 residents with unhealed pressure ulcers) during the three-year period from 2018-20. Darker shades indicate lower RPU rates; larger circles indicate lower proportion of Harm (G+) citations. See *Figure 12* for info on Alaska, Hawaii, and Puerto Rico.

	Pressure Ulcer Citations (F686)	RPU % (residents with reported PU)	Annual RPU Citation Rate (per 100 RPU)	Rank: RPU Citation Rate	Harm (G+) PU	% Harm (G+) PU	Rank: % Harm (G+) PU
AK	13	8.4%	7.9	1	3	23.1%	23
AL	34	6.5%	0.8	38	1	2.9%	47
AR	97	5.5%	3.5	18	5	5.2%	46
AZ	52	9.3%	1.7	28	19	36.5%	8
CA	583	9.1%	2.2	24	56	9.6%	42
CO	83	4.7%	3.8	14	28	33.7%	11
CT	102	4.6%	3.5	17	11	10.8%	41
DC	3	13.3%	0.3	47	0	0.0%	50
DE	35	6.1%	4.7	10	5	14.3%	33
FL	192	8.7%	1.0	34	22	11.5%	39
GA	42	8.7%	0.5	42	6	14.3%	33
HI	10	6.9%	1.4	29	3	30.0%	15
IA	118	4.6%	3.9	13	37	31.4%	13
ID	37	5.9%	5.4	5	29	78.4%	1
IL	897	7.2%	6.6	3	149	16.6%	31
IN	343	6.0%	5.1	8	89	25.9%	19
KS	135	5.2%	5.3	6	46	34.1%	10
KY	63	7.5%	1.3	31	13	20.6%	24
LA	46	7.0%	0.9	37	4	8.7%	44
MA	87	5.9%	1.4	30	21	24.1%	21
MD	77	9.7%	1.1	32	5	6.5%	45
ME	7	5.5%	0.8	39	0	0.0%	50
MI	416	7.5%	5.2	7	189	45.4%	5
MN	246	5.2%	7.0	2	75	30.5%	14
MO	213	5.5%	3.5	16	41	19.2%	28
MS	20	7.8%	0.6	40	9	45.0%	6
MT	30	6.1%	4.3	12	19	63.3%	2
NC	86	8.4%	1.0	35	11	12.8%	38
ND	18	4.4%	2.7	20	5	27.8%	17
NE	67	4.6%	4.5	11	9	13.4%	36
NH	5	5.1%	0.5	41	1	20.0%	25
NJ	48	8.1%	0.5	43	1	2.1%	49
NM	42	7.1%	3.7	15	20	47.6%	4
NV	34	9.7%	2.2	23	1	2.9%	47
NY	112	8.9%	0.4	44	15	13.4%	37
OH	397	6.4%	3.0	19	78	19.6%	26
OK	90	6.8%	2.5	22	25	27.8%	17
OR	82	8.3%	4.9	9	29	35.4%	9
PA	277	6.2%	2.1	25	30	10.8%	40
PR	1	7.0%	2.6	21	0	0.0%	50
RI	24	5.4%	2.0	26	4	16.7%	29
SC	50	9.1%	1.1	33	8	16.0%	32
SD	44	4.4%	6.2	4	21	47.7%	3
TN	57	8.0%	0.9	36	11	19.3%	27
TX	317	6.9%	1.7	27	95	30.0%	16
UT	21	6.8%	0.1	50	5	23.8%	22
VA	130	8.0%	0.2	49	33	25.4%	20
VT	6	5.8%	0.1	52	1	16.7%	29
WA	174	7.4%	0.4	46	77	44.3%	7
WI	260	6.2%	0.4	45	85	32.7%	12
WV	34	8.5%	0.1	51	3	8.8%	43
WY	14	4.4%	0.2	48	2	14.3%	33

Figure 12: RPU citation (F686) rate and PU citation severity by state (2018-20).

Broken Promises: An Assessment of Federal Data on Nursing Home Oversight

	Pressure Ulcer Citations (F686)	RPU % (residents with reported PU)	Annual RPU Citation Rate (per 100 RPU)	Rank: RPU Citation Rate	Harm (G+) PU	% Harm (G+) PU	Rank: % Harm (G+) PU
Region 1	231	5.4%	1.8	7	38	16.5%	6
Region 2	161	8.6%	0.4	10	16	9.9%	10
Region 3	556	7.4%	1.8	8	76	13.7%	8
Region 4	544	8.2%	0.9	9	81	14.9%	7
Region 5	2,559	6.5%	5.2	1	665	26.0%	3
Region 6	592	6.8%	1.9	6	149	25.2%	4
Region 7	533	5.1%	4.1	3	133	25.0%	5
Region 8	210	5.0%	3.7	4	80	38.1%	2
Region 9	679	9.1%	2.1	5	79	11.6%	9
Region 10	306	7.4%	5.2	2	138	45.1%	1



Sources:

CMS Health Deficiencies (Downloaded March 2021; excludes surveys before 2018 and after 2021).
MDS 3.0 Frequency Reports (2018-20). See "M0210: Skin Conditions - Unhealed Pressure Ulcers"

Notes:

RPU Citation Rate: PU citations (F685) per 100 residents with reported pressure ulcers.
Immediate Jeopardy (IJ): citation rated J or above.



Figure 13: RPU citation (F686) rate and severity by region (2018-20).

Interactive charts and maps are available at <https://nursinghome411.org/survey-data-report/>.