

Advanced management of sacral pressure injury in primary healthcare

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ABSTRACT

Introduction: A pressure injury can present as intact skin or an open wound and some may be painful. The tissue damage is due to intense and prolonged exposure to continuously deformed compressions, tension, shear, friction, or a combination of these causes. The extent of the soft tissue injury also depends on the tissue type, perfusion, circulation, age of the individual, health status, comorbidities, nutritional status, psychosocial support, and microclimate. (National Pressure Ulcer Advisory Panel, 2019). The incidence of pressure injuries is increasing due to our ageing population and those living with disabilities. Preventing pressure injuries should be a priority. **Methods:** This research is a retrospective case series of a patient who underwent wound care treatment at Klinik Kesihatan Bandar Mentakab from April 2021 to September 2021. **Results:** The study shows the various advanced management used for sacral pressure injury, especially in primary healthcare clinic settings. A sacral pressure injury can be treated with advanced modalities and not only confined to conventional dressings. The main treatment of a pressure ulcer is offloading the pressure source, proper debridement of the devitalized tissue, eliminating infection, and regular wound care to aid the healing process. **Conclusion:** A multidisciplinary team approach and comprehensive wound care management using advanced modalities, is more effective in reducing pressure injuries and their complications, the patient's quality of life is preserved with fewer dressing changes and fewer painful dressing changes, therefore, reducing the patient's visits to the clinic and overall producing a good outcome of wound healing with minimal scar.