

Pressure Ulcer Scale for Healing (PUSH) Tool

Information from the National Pressure Ulcer Advisory Panel (NPUAP)

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Tool Development

The Pressure Ulcer Scale for Healing (PUSH Tool) was developed by the National Pressure Ulcer Advisory Panel (NPUAP) **as a quick, reliable tool to monitor the change in pressure ulcer status over time.** The tool is based on (1) an analysis of research literature to identify the critical parameters commonly used to monitor pressure ulcer healing and (2) a statistical analysis (i.e. principal component analysis) of existing research data bases on pressure ulcer monitoring. The first draft of the tool was presented at the Fifth National NPUAP Conference in February 1997.

Further Research and Validation

Since its initial development, the tool **has been validated by 2 multi-site retrospective studies and a pilot test conducted by CMS.** The PUSH Tool is a research-validated tool that quickly and reliably captures the key assessments necessary to monitor whether a pressure ulcer is getting better or worse over time.

Centers for Medicare and Medicaid Services

The tool was presented to CMS in March 1998. CMS conducted a clinical test to determine it's application in long term care. The revisions incorporated into Version 3.0 are a result of that pilot test and the second retrospective study. Incorporation of the PUSH Tool into future versions of the MDS for subacute and long term care facilities is presently under consideration.

Copyright Restrictions

The PUSH Tool is copyrighted to the NPUAP, however, you are able to use it for education, research, and practice purposes. You are only required to acknowledge the NPUAP and the "Version Number" of the tool on any hard copy or electronic reproduction. Furthermore, you are invited to complete the **PUSH User Registration Form** provided on the NPUAP web site. This will help NPUAP monitor use of the PUSH Tool and better address the needs of PUSH Tool Users.

This a research-validated tool. Therefore, we recommend that the content of the tool not be altered or modified by individual users. If you chose to modify the tool, please note that you have made modifications after citing the NPUAP as the original source.

Novartis Nutrition has received permission from the NPUAP to distribute the PUSH Tool, however, this does not represent an endorsement of Novartis Nutrition or it's products by the NPUAP.

PUSH Tool Use

PUSH Tool v.3.0 is enclosed. Clinical users indicate it is readily adopted and easy to use. Using a pocket calculator will facilitate accurate length x width calculations.

The NPUAP recommends use of the PUSH Tool at "regular intervals". The AHCPR Treatment Guideline recommends assessments be performed "at least weekly" and "if the condition of the patient or of the wound deteriorates". The **PRESSURE ULCER HEALING CHART** (also enclosed) will allow you to graph PUSH Tool scores over time for each ulcer. You should be able to "tell at a glance" whether the ulcer is healing, remains unchanged, or is deteriorating.

The PUSH Tool is designed to monitor the three critical parameters that are the most indicative of healing. In developing specific treatment plans, you will need to assess additional parameters (e.g., foul odor, color of exudate, undermining, and tunneling). Any increase in the PUSH Tool score (indicating wound deterioration) requires a more complete assessment of the ulcer and the patient's overall condition.

If you have any questions regarding use of the PUSH Tool, please contact the NPUAP at (703) 464-4849 or www.npuap.org.

Staff Education

When introducing any new assessment tool, staff should be educated regarding appropriate use of the tool through regular formal education programs. We recommend demonstrating use of the tool with actual patients and conducting multiple user validation (i.e. comparing assessments made by experienced and new users).

Research-Based Revisions/Updates

Revisions may be made in the PUSH Tool as a result of ongoing research. Any tool modifications will be posted at the NPUAP Web site (<http://www.npuap.org>) and revised copies will be sent to registered PUSH Tool Users (See registration form on web site).

User Evaluation

To be an effective measure of pressure ulcer healing, the PUSH Tool must be (1) valid, (2) reliable, (3) responsive to changes in the ulcer over time, and (4) clinically practical. Please help the NPUAP evaluate how well the PUSH Tool meets these criteria. The NPUAP invites and welcomes suggestions for refining and improving the PUSH Tool. Please send written comments to the NPUAP.

PUSH TOOL 3.0

(Pressure Ulcer Scale for Healing Tool 3.0)

Patient Name: _____ Patient ID#: _____
 Ulcer Location: _____ Date: _____

DIRECTIONS:

Observe and measure the pressure ulcer according to the steps below. A comparison of total scores measured over time provides an indication of the improvement or deterioration in pressure ulcer healing.

												Subscore
Length x Width in cm²	0	1	2	3	4	5	6	7	8	9	10	
	0	<0.3	0.3-0.6	0.7-1.0	1.1-2.0	2.1-3.0	3.1-4.0	4.1-8.0	8.1-12.0	12.1-24.0	>24.0	
Exudate Amount	0 None			1 Light		2 Moderate			3 Heavy			
Tissue Type	0 Closed	1 Epithelial Tissue			2 Granulation Tissue			3 Slough		4 Necrotic Tissue		
Total Score =												

Step 1. Length x Width: Measure the greatest length (head to toe) and the greatest width (side to side) using a centimeter ruler. Multiply these two measurements (length x width) to obtain an estimate of surface area in square centimeters (cm²). Then select the corresponding category for size on the scale and record the score. For example, a surface area of 3.0 cm² is scored 5. Caveat: Do not guess! Always use a centimeter ruler and always use the same method each time the ulcer is measured.

Step 2. Exudate Amount: Estimate the amount of exudate (drainage) present after removal of the dressing and before applying any topical agent to the ulcer. Estimate the exudate (drainage) as none, light, moderate, or heavy. Select the corresponding category for amount and record the score.

Step 3. Tissue Type: This refers to the types of tissue that are present in the wound (ulcer) bed. Score as a "4" if there is any necrotic tissue present. Score as a "3" if there is any amount of slough present and necrotic tissue is absent. Score as a "2" if the wound is clean and contains granulation tissue. A superficial wound that is reepithelializing is scored as a "1". When the wound is closed, score as a "0".

4 - Necrotic Tissue (Eschar): black, brown, or tan; tissue that adheres firmly to the wound bed or ulcer edges and may be either firmer or softer than surrounding skin.

3 - Slough: yellow or white tissue that adheres to the ulcer bed in strings or thick clumps, or is mucinous.

2 - Granulation Tissue: pink or beefy red tissue with a shiny, moist, granular appearance.

1 - Epithelial Tissue: for superficial ulcers, new pink or shiny tissue (skin) that grows in from the edges or as islands on the ulcer surface.

0 - Closed/Resurfaced: the wound is completely covered with epithelium (new skin).

Step 4: Sum the scores on the three elements of the tool to derive a total PUSH Score.

Step 5: Transfer the total score to the Pressure Ulcer Healing Graph. Changes in the score over time provide an indication of the changing status of the ulcer. If the score goes down, the wound is healing. If it gets larger, the wound is deteriorating.

PRESSURE ULCER HEALING CHART

To Monitor Trends in PUSH Scores Over Time

(Use a separate page for each pressure ulcer)

Patient Name: _____ Patient ID#: _____

Ulcer Location: _____ Date: _____

DIRECTIONS:

Observe and measure pressure ulcers at regular intervals using the PUSH Tool. Date and record PUSH Sub-scale and Total Scores on the Pressure Ulcer Healing Record below.

PRESSURE ULCER HEALING RECORD

DATE														
Length x Width														
Exudate Amount														
Tissue Type														
Total Score														

Graph the PUSH Total Score on the Pressure Ulcer Healing Graph below.

PRESSURE ULCER HEALING GRAPH

17														
16														
15														
14														
13														
12														
11														
10														
9														
8														
7														
6														
5														
4														
3														
2														
1														
Healed 0														
Date														