**Research Abstract (illustrative example only)**

**Title** *(max 15 words)*

**A pressure ulcer prevention education programme for older persons at risk of pressure ulceration: “PUPP”.**

**Abstract** *(max 250 words)*

**Objectives**

The aim of the study was to explore the impact of the Pressure Ulcer Prevention Programme (PUPP), a structured, pressure injury prevention, education programme based on the SSKIN principles [1]. A secondary objective was to determine the impact of the programme on pressure injury incidence.

**Methods**

A multi-centre, randomised, controlled trial design was employed to determine skin sub-epidermal moisture and integrity before and after the intervention. The study sample was selected from at-risk older adults living in the community. The PUPP program consisted of 5 sessions delivered to patients via a multimedia program every 5 days over 20 days. A Visual Skin Assessment (VSA) and Sub-Epidermal Moisture measurement (SEM) was used to objectively measure skin integrity at the sacrum.

**Results**

Participants randomised to the intervention group (n=15) had a mean (SD) SEM score of 54.2 (5.3) compared to 67.8 (10.3) for the usual care group (n=20), a difference that was statistically significant (*t* = 4.60; df = 33;

p <0.001). Although there were fewer instances of skin damage detected in the PUPP group, the difference was not statistically significant (X2 = 0.62; df = 1; p = 0.08).

**Conclusions**

The PUPP education program was effective at reducing sub-epidermal hydration in a sample of older adults in the community, however, it had no impact on pressure injuries. It is recommended that additional comparative research be pursued with larger samples of individuals at high risk of pressure injury to determine the benefit of PUPP education.

**References**

1. NHS Improvement. Using SSKIN to manage and prevent pressure damage. Available at: <https://improvement.nhs.uk/resources/Using-SSKIN-to-manage-and-prevent-pressure-damage/>