# Table of Contents

About the Authors and Expert Reviewers  
AANAC and the Education/Certification Programs  
Course Objectives  
Pretest  
Overview  
Clinical Practice—Standard of Care  
  *The Omnibus Reconciliation Act of 1987 (OBRA ’87)*  
The Survey Process  
  *Investigative Protocol for Pressure Ulcers*  
  *Standard of Practice: Clinical Practice Guidelines for Assessment of Pressure Ulcers*  
  *Standard of Practice: Clinical Practice Guidelines for Treatment of Pressure Ulcers*  
Integrating the Regulations Into Practice  
Review of Anatomy and Physiology of Skin  
  *Layers of the Skin*  
  *Functions of the Skin*  
  *Changes Associated with Aging*  
Wound Classification  
  *Types of Wounds*  
    *Skin Ulcer/Wound*  
    *Pressure Ulcer*  
    *Staging of Pressure Ulcers*  
Risk Factors  
  *Immobility*  
  *Inactivity*  
  *Nutritional Factors*  
  *Fecal and/or Urinary Incontinence*  
  *Decreased Sensory Perception*  
  *Other Risk Factors*  
Wound Evaluation  
  *Location (Anatomical Site)*  
  *Size*  
  *Tunneling (Undermining or Sinus Tract)*  
  *Skin Surrounding Wound*  
  *Temperature*  
  *Pain and/or Tenderness*  
  *Wound Bed*  
  *Predominant Tissue in Ulcer*  
  *Exudate/Drainage*  
  *Odor*
Types of Healing

Primary Intention
Secondary Intention
Tertiary or Delayed Primary Intention

Phases of Wound Healing

Hemostasis
Inflammatory Phase
Proliferative Phase or Granulation Tissue Formation Stage
Maturation or Differentiation Phase

Factors That Affect Wound Healing

Nutrition
Oxygenation
Infection
Age
Chronic Health Conditions/Medications

Standard of Practice: Clinical Practice Guidelines for Assessment of Pressure Ulcers
The Agency for Healthcare Research and Quality

Understanding the MDS 3.0 Related to Section M, “Skin Conditions”

M0100: Determination of Pressure Ulcer Risk
M0150: Risk of Pressure Ulcers
M0210: Unhealed Pressure Ulcer(s)
M0300: Current Number of Unhealed Pressure Ulcers at Each Stage
M0610: Dimensions of Unhealed Stage 3 or 4 Pressure Ulcers or Unstageable Pressure Ulcer Due to Slough or Eschar
M0700: Most Severe Tissue Type for Any Pressure Ulcer
M0800: Worsening in Pressure Ulcer Status Since Prior Assessment (OBRA, PPS, or Discharge)
M0900: Healed Pressure Ulcers
M1030: Number of Venous and Arterial Ulcers
M1040: Other Ulcers, Wounds, and Skin Problems
M1200: Skin and Ulcer Treatments

Pressure Ulcer Care Area Assessment to Care-Plan
Care Planning
Quality Improvement Process for Addressing Rising Pressure Ulcer Rates
Pretest Answer Key
References
Appendix A: Sample Protocol
Appendix B: Sample Risk-Reduction Strategies
Appendix C: Treatment Product Categories and Related Wound Treatments
Source Document: MDS 3.0, Section M, “Skin Conditions”
Final Exam
AANAC Training Manual Evaluation
AANAC Membership