

60 EVIDENCE-BASED NURSING IN THE WOUND BED

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Background and aims: Pressure sores are areas of tissue in the elderly or patients who can no independently change their situation happening pressure sores significant financial burden on health care systems impose a negative impact on quality of life and their frequency. Change the status of patients in hospitals or long-term care for the prevention of pressure ulcers is a common strategy.

Methods: We searched the data base in COCHRANE, MEDLIBE, GOOGLE SCHOLAR, PUBMED, and UP TO DATE with keywords evidence base and nursing bed sore following evidence obtained:

Results: The study Qinhongzhang *et al.* (2015) called massage therapy to prevent bed sores showed that currently there is no credible study that shows that massage therapy can help to prevent bed sores. Study Brigidgillespie *et al.* (2014) "The movement to preven pressure sores showed that the movement of the patient from position 30 degrees every 3 hours instead of the standard 90 degrees every 6 hours to waste energy and time nurses a significant impact on the evolution of the treatment of patients. Chichfengchen study *et al.* (2014) as phototherapy for the treatment of pressure ulcers showed that the group treated with ultraviolet radiation completing the treatment period shorter than the control group (p=0.003).

Conclusion: According to findings from the EBN seen, non-drug, non-invasive nursing interventions can have a preventive effect on pressure sores.