An example Extract with annotations

**Topic title:** A review of factors associated with decubitus ulcers and the role of nursing care. (2000 words)

**Annotations**

- The introduction here has two paragraphs.
  - The first: sets the context, states the purpose, and gives an overview of the review.
  - The second: defines the key concept, explains how decubitus ulcers form, and sets the context for identifying key factors implicated in ulcer development: the focus of the subsequent review.

- An overview of the idea being presented is given before the details are provided. This helps to orientate the reader.

- This second paragraph in the introduction could form the first paragraph in the body of the review. In this extract, the paragraph fits well here by defining, explaining, and setting the context for the review.

- References throughout this paragraph are used to substantiate the ideas presented. Although not a requirement of APA 6th referencing, you may be encouraged to provide a page or paragraph number when paraphrasing. Check with your lecturer to see if page numbers are required.

**Introduction**

Development of decubitus ulcers is a major concern in nursing today. These ulcers significantly depress people’s quality of life; prolong hospitalisations, cause infections, and even death. Therefore, it is imperative that nurses acquire appropriate knowledge and develop sufficient skills to assess susceptibilities and implement prevention strategies. This literature review describes decubitus ulcers, outlines the predisposing factors for developing decubitus ulcers and considers the role of nursing care in their prevention.

A decubitus ulcer, often referred to as a pressure ulcer or a pressure sore, is defined as “an area of unrelieved pressure over a defined area, usually over a bony prominence, resulting in ischemia, cell death, and tissue necrosis” (NPUAP, 1989, cited in Salcido, 2005, p. 1). It is widely accepted that the primary cause of decubitus ulcer formation is a combination of the intensity of pressure and the duration of pressure (Armstrong & Bortz, 2001, p. 647; Braden et al., 2000, p. 105; Clay, 2004, p. 96; Santamaria, 2004, p. 1347). A decubitus ulcer is a consequence of ischemia and anoxia to tissue (Ebersole & Hess, 2001, p. 243; Pedley, 1999, p. 433; Santamaria, 2004, p. 1435). External pressure, greater than that of capillary pressure, would slow down blood flow in the capillaries and also lymphatic flow through the lymph nodes (Santamaria, 2004, p. 1435). As a result, this leads to an inadequate supply of oxygen and nutrients and insufficient evacuation of metabolic wastes, resulting in tissue ischaemia and in turn, necrosis (Defloor, 1999, p. 208; Ebersole & Hess, 2001, p. 243; Keller et al., 2002, p. 1381; Pedley, 1999, p. 433; Santamaria, 2004, p. 1435). Ischaemia may be evident by skin discoloration such as erythema in light skin or purple in darkly pigmented skin. Erythema is followed by oedema, then blister, and ultimately, ulceration if the blisters slough (Ebersole & Hess, 2001, p. 243). Defloor (2009) explains that ‘the intensity of the pressure and the duration the pressure is sustained to cause damage depends on the individual’s tissue tolerance’ (p. 207). Although decubitus ulcers can develop anywhere on the body, the sacral areas and heels are the most susceptible because these areas intensively receive body weight while resting in a bed or on a chair (Clay, 2004, p. 96; Ebersole & Hess, 2001, p. 243; Ferguson et al., 2000, p. 164; Lindgren et al., 2004, p. 59; Pedley, 1999, p. 438; Perry, 2004, p. 164).

**Risk factors for the development of decubitus ulcers**

There are distinct factors that can contribute to the development of decubitus ulcers. The following six factors: immobility; poor sensory input; shear and friction forces; poor nutritional status; advancing age; and impaired capillary circulation are consistently reported in the literature as key risk factors for pressure ulcer development and will be the focus of this review.
Related Quick Guide

Writing a Literature Review

Immobility, Poor Sensory Input, Shear and Friction Forces, Poor Nutritional Status

Several authors state that there is a strong relationship between nutritional status and pressure ulcer development (Braden et al., 2000, p. 107; Ferguson et al., 2000, p. 166; Santamaria, 2004, p. 1445). Thomas (1997, cited in Ferguson et al., 2000, p. 166) shows that patients with malnutrition at hospital admission were twice as likely to develop pressure ulcers as well-nourished patients. Poor nutritional status often leads to hypoalbuminemia and anaemia (Braden et al., 2000, p. 107). According to Santamaria (2004, p. 1446), total protein levels below 5.4g/100mL can drop colloid osmotic pressure. Consequently, fluid shifts from the extracellular fluid volume to the tissue, resulting in interstitial oedema. It is reported (e.g. Anthony et al., 2000, p. 359; Lindgren et al., 2004, p. 61; Santamaria, 2004, p. 1446) that a person with low serum albumin level (below 3g/100mL) is at greater risk of decubitus ulcers. Anthony et al. (2000, p. 363) assessed serum albumin in elderly inpatients and attested that serum albumin can be one of the reliable predictors for risk of developing decubitus ulcers.

Although it is recognised that deficiencies of vitamin A, vitamin C and zinc delay wound healing, there is no strong evidence that these deficiencies affect the development of decubitus ulcers (Defloor, 1999, p. 212; Ferguson et al., 2000, p. 171). People with poor nutrition often face serious muscle atrophy (in particular when coupled with immobilisation) and decreases in subcutaneous tissue mass (Santamaria, 2004, p. 1446). On account of these changes, tissues between the skin and underlying bone are diminished and the effects of pressure are increased on remaining tissues.

Advancing Age

Impaired Capillary Circulation

The Role of Nursing Care

Conclusion

Immobility, poor sensory input, shear and friction forces, poor nutritional status, advancing age and impaired capillary circulation are significant factors in the development of decubitus ulcers. Nurses should always pay attention to these risk factors in order to prevent the development of decubitus ulcers.

Reference List

To improve this conclusion, further details could be provided to make it more comprehensive. For example, reiterate links between the underlying causes of the ulcer and how this relates to the risk factors; identify specifics of how a nurse may 'pay attention' to prevent ulcers in their clinical role. Where the review has identified gaps in the literature or disagreements, these should also be summarised in the conclusion. N.B. remember new information should not be introduced in the conclusion.