

**PRESSURE ULCERS, A
MAJOR CHALLENGE
IN THE FACE OF THE
COVID19 PANDEMIC, A
LITERATURE REVIEW**

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INTRODUCTION

The SARS-CoV-2 pandemic provided the diffusion of alternative techniques for prolonged mechanical ventilation. In addition to the supine position, many are positioned prone. Therefore, care is taken to avoid pressure ulcers that increase morbidity and mortality.

METHODOLOGY

The present work was carried out in the literature review format in which articles produced in 2020 were selected, after concomitant analysis of the title in the databases: SCIELO, WILEY ONLINE LIBRARY, PUBMED and National Center for Biotechnology Information.

The descriptors that guided the data search were “Iatrogeny”, “Prone positioning”, “Ulcer pressure” and “Covid-19”.

DISCUSSION

Covid-19 has destabilized health systems worldwide, with more than 900,000 deaths and long periods of hospitalization, the virus does not represent the only adversity to be fought. Due to the long hospital stay in which patients are submitted, pressure ulcers have become iatrogenic protagonists. The need to use the prone position to help oxygenate the non-aerated lung areas is a major cause of pressure ulcers and facial bedsores. Concomitantly, the amount of time the patient spends sedated in the supine position represents an important factor in decubitus ulcers, the most common being: sacral, dorsal, brachial, calcaneal and coccygeal ulcers. Thus, the application of special protocols for the management of these patients, in order to avoid this type of complications, becomes essential, in view of the increase in the number

of hospitalized patients for more than 10 days. The adoption of pneumatic mattresses for continuous movement of the entire patient, of prophylactic dressings that reduce the pressure of the facial muscles, of emergency programs for the manufacture of pillows to prevent bedsores, or even the admission of a professional just to pay attention to changes in decubitus, are some alternatives capable of reducing the incidence of iatrogenics by bedsores and ulcers during the Covid 19.

CONCLUSION

It is concluded that the pressure ulcer configures an iatrogeny with important morbidity and mortality for the patient. This way, the entire medical team must be aware of care for its prevention and treatment, mainly due to the increase in mechanically ventilated patients in all health systems in the world. Having knowledge about the iatrogenesis of COVID-19 and its complications, such as ulcers, is extremely valuable for the protection of those hospitalized in ICUs.