The resources below will help you address issues in your practice.

**NPUAP position statement on hand check for bottoming out**

Use of the hand check to determine “bottoming out” of support systems should be limited to static air overlay mattresses, according to a position statement from the National Pressure Ulcer Advisory Panel (NPUAP).

“Hand check method: Is it an effective method to monitor for bottoming out?” adds that the hand check method is “inappropriate” for replacement mattresses and integrated bed systems and calls for additional research for a bedside method to determine when a support surface has bottomed out.

**Summary of pressure ulcer treatment guidelines from ACP**

The National Guideline Clearinghouse, part of the Agency for Healthcare Research and Quality, has published a summary of “Treatment of pressure ulcers: a clinical practice guideline from the American College of Physicians” (ACP).

The **full guidelines** can be found in the March 3 issue of the *Annals of Internal Medicine*.

**NIOSH education on nurses’ work hours**

The National Institute for Occupational Safety and Health (NIOSH) has published “NIOSH training program for nurses on shift work and long work hours.” Part 1 of the program discusses the risks associated with these work hours related to fatigue, and Part 2 is designed to increase knowledge about personal behaviors and workplace systems to reduce the risks.

Continuing education credit is available for the course.

**Implementing guidelines in an organization**

Struggling to implement practice guidelines where you work? Check out “Implementing guidelines in your organization: What questions should you be asking?” an expert commentary in the National Guideline Clearinghouse, part of the Agency for Healthcare Research and Quality.

**Online Resources**

D. http://www.cdc.gov/niosh/docs/2015-115/