



Aproximación al cuidado integral de lesiones cutáneas relacionadas con la dependencia mediante enseñanza de un caso figurativo [

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text (article)

Analítica

Objective: To make known the basic guidelines for the comprehensive care of a clinical case of pressure ulcer, through a figurative presentation and application of evidence-based nursing care. **Methodology:** Development of an expository and figurative case report, presented according to the problem-based learning method. Comprehensive nursing assessment according to the 14 Needs of Virginia Henderson. Development of a care plan according to NANDA-NOC-NIC taxonomy II. Application of the AREA model in the prioritization of nursing diagnoses. Use of the Braden scale to assess the risk of skin integrity deterioration. Comprehensive care strategy according to simulated pathophysiological evolution and application of algorithms and standardized procedures according to evidence-based clinical practice. **Results:** The clinical case was related to a woman suffering from a pressure ulcer in the sacral area. From 12 diagnoses identified, a care plan was developed with 3 NANDA diagnoses, 10 NOC outcomes and 18 NIC interventions with 45 nursing actions. The therapeutic approach (and its learning) progressed according to the clinical evolution of the lesion following critical thinking guidelines. The schedule was established for a follow-up period of 6 months in order to achieve full recovery of tissue integrity. **Conclusions:** The use of this figurative clinical case allows us to identify the nursing action guidelines (evidence-based care) to prevent a PU and its subsequent treatment throughout its evolution, until its final healing. The results obtained can be used as a pedagogical basis and to formulate hypotheses for research studies that will allow us to delve deeper into the major health problem of dependency-related injuries. **Keywords:** Pressure ulcer; skin ulcer; Nursing care; Bedridden person; Case study; Problem-based learning

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