Abstract
This article shows the results of implementing a training program for pressure ulcer prevention aimed at older adult caregivers in the nursing home and Delia González Alfredo Flores, San Pablo de Heredia. A questionnaire was administered to 29 caregivers for a diagnostic evaluation of their educational needs with respect to the prevention of pressure ulcers. From the result was designed and implemented a training program. The program was developed from the perspective of comprehensive care for the elderly, and consisted of four units: conceptualization of pressure ulcers, pressure ulcers, risk assessment of pressure ulcers and prevention of pressure ulcers. By applying a pretest and posttest assessed the program. The posttest showed an increase of correct answers to the various themes developed. This study concluded that training programs must meet the needs of the participants to facilitate learning and is critical to update people who perform health activities to benefit the people they assist.

Keywords
Prevention, Pressure Ulcers, Older Adult.