Protect against pressure, friction & shear

- repositioning schedule (bed/chair)
  - according to skin’s tolerance to pressure
  - avoid direct contact between bony prominences
    - avoid uninterrupted sitting in a chair
    - maintain correct body alignment
    - correct foot placement
    - use adjustable reclining/lift chair

- promote activity & mobility
  - mobilise where appropriate
  - employ correct patient handling techniques
    - promote independence
    - use equipment
    - monkey bar
    - pulley
    - bed poles/sticks
    - lifting machines
    - slide sheets

- eliminate shear & friction
  - protect broken skin
  - prevent sliding down bed/chair
  - lower head of bed (as tolerated)
    - elevate heels
    - foam wedges
    - heel protectors
    - bed cradles

- reduce heel pressure
  - use an appropriate support surface
    - low risk
      - comfort equipment
    - moderate risk
      - static support surface
    - high risk
      - alternating support surface

- Consult an Occupational Therapist
- Consult a Physiotherapist
- Consult a Podiatrist or Wound Consultant
- Consult a Wound Consultant or OT

- advice on sitting or positioning
  - functional capacity
  - assistance with activities of daily living
  - advice on transferring patients
  - assistance to encourage activity and mobilisation
  - advice on appropriate equipment
  - advice on patient handling issues

- refer to Support Surface Table below

Australian Wound Management Association (2001)