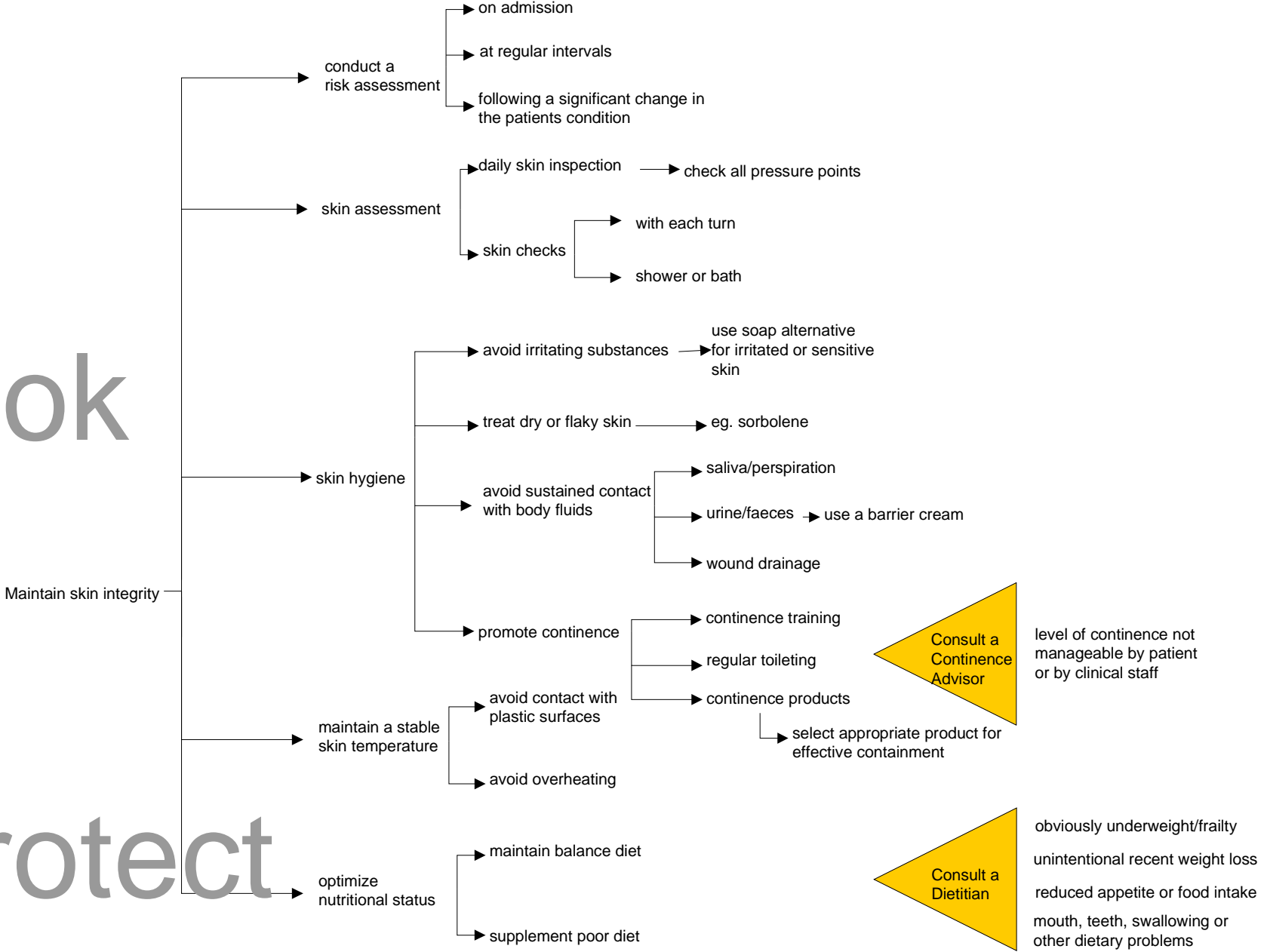


PPASH: Pressure ulcer prevention pathways

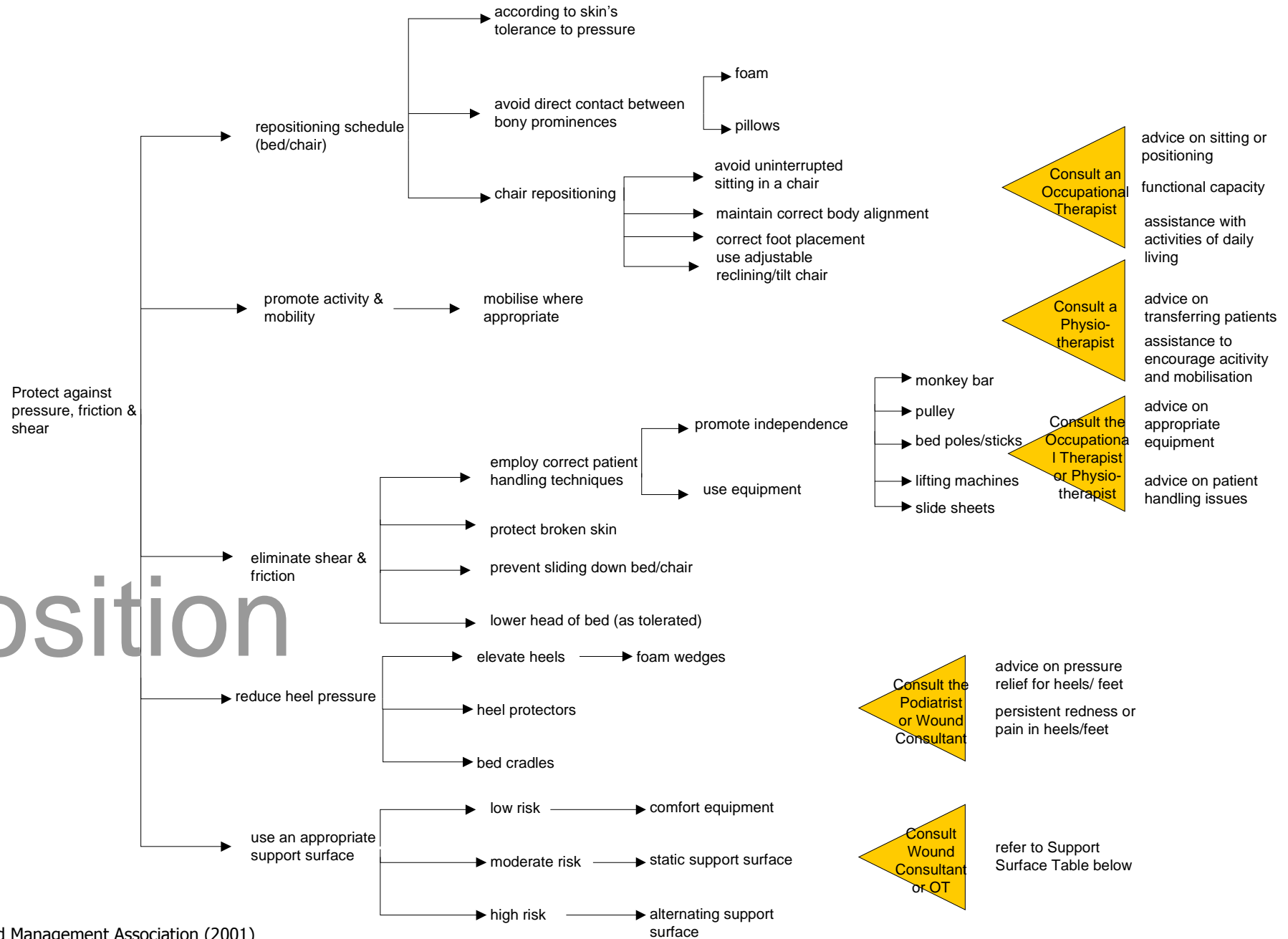
look

protect

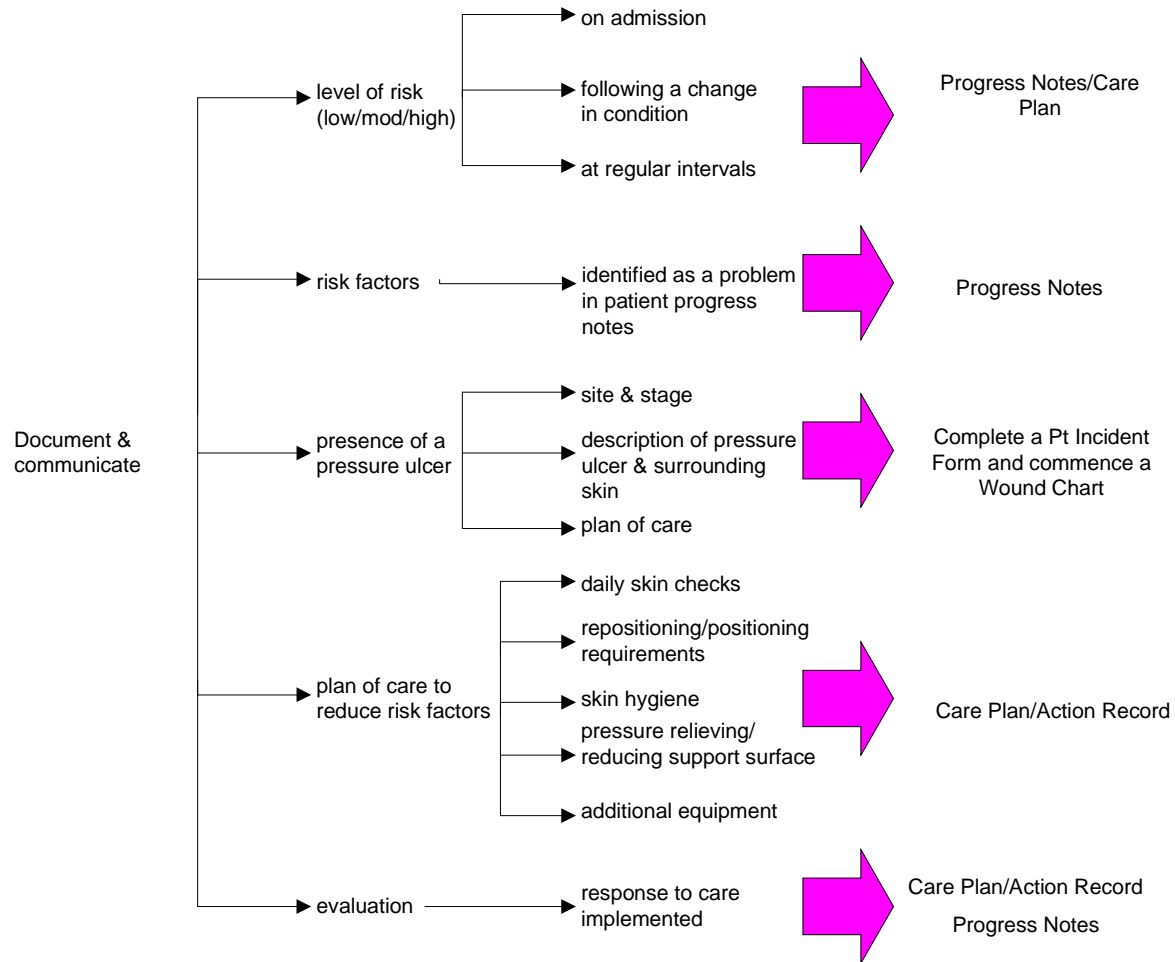


PPASH: Pressure ulcer prevention pathways

position



PPASH: Pressure ulcer prevention pathways









communicate

Lower Limb Devices

The ideal pressure relieving device for an acute healthcare facility would:

- offload the heels;
- protect other bony prominences of the feet (malleoli, toes etc);
- allow the client to ambulate;
- remain with the client as they move around the organisation (from emergency to theatre to the ward or critical care unit... to home);
- meet Infection Control standards for cleaning and re-use;
- be affordable.

Devices currently in use at Southern Health

Device		Advantages	Disadvantages
Booties: gel, fibre filled or sheepskin		<ul style="list-style-type: none"> • provide degree of comfort • protect bony prominences of the foot and ankle • may offer low level pressure redistribution • suitable for less active client 	<ul style="list-style-type: none"> • difficult to keep in place • dangerous for mobile clients • often single client use only • difficult to retain on the ward
Podiatry felt padding		<ul style="list-style-type: none"> • total offloading of a localised area • adhesive backing ensure the pad remains fixed 	<ul style="list-style-type: none"> • must be kept dry and is not suitable for high exudate wounds • not suitable for wounds with undermining, padding may increase wound edge pressure • application requires time and training
Foam wedges, gutters and standard pillows		<ul style="list-style-type: none"> • total offloading of heel for bedridden clients • easily cleaned (if appropriately covered) • large items and less likely to be lost in linen 	<ul style="list-style-type: none"> • not often tolerated for prolonged periods of time • not suitable for active or restless patients • must be positioned so that the heel is elevated off the underlying surface
Leg rolls: fibre filled or foam		<ul style="list-style-type: none"> • total off loading of heel • useful for more active and restless clients 	<ul style="list-style-type: none"> • can not always obtain heel clearance • need to be sized appropriately to prevent movement of device
Foot orthosis		<ul style="list-style-type: none"> • posterior offloading of heel • lightweight & streamlined • easy to clean • replaceable foam linings • reduces risk of calf contracture • suitable for prevention and management of heel pressure ulcers 	<ul style="list-style-type: none"> • unable to ambulate wearing device • requires compliant client
PRAFO (Pressure Reducing Ankle Foot Orthosis)		<ul style="list-style-type: none"> • offloading of posterior heel • reduces the risk of contracture • indicated for existing pressure ulcer • allows patient to ambulate and progress toward rehabilitation or discharge 	<ul style="list-style-type: none"> • requires compliant client • bulky with external strapping • risk of damage to the other limb • expensive