Prevention of Pressure Ulcers

• Turn patient every 2 hours or more to prevent skin breakdown
• Use trapeze to allow patients’ independence with mobility and decrease friction and shear to skin
• Maintain bed of head position below 30 degrees when possible
• Keep skin clean and free of acidic urine/feces using absorbent pads or incontinence briefs to wick moisture away from skin
• Establish a bowel/bladder routine (i.e. offer bedpan or urinal during q2h turns to promote continence)
• Use barrier cream to protect skin from irritation during q2h turns to promote continence
• Use creams with higher zinc and dimethacone to reduce skin irritation
• Use float heels from surface of bed using pillows or boots

Geriatric patients: avoid hot water; use mild cleansing agent that is ph balanced and avoid excessive rubbing

• Wetness can be reduced by using airflow sheets or mattress
• Use pillow and wedge to assist with turning and positioning

• AtmosAir® 9000®
• Atmos Air® 9000A
• Atmos Air® FIT®

Example:
• Low air loss mattress or overlay
• Continuous turn therapy
• For larger-sized patients

Pressure Redistribution

• Therapeutic pressure redistribution mattress
• Provide appropriate mattress for patients for weight
- Atmos Air 500D (max. 500lbs)
- Atmos Air 900D/E (max. 900lbs)
- Atmos Air FIT (max. 1000lbs)

Surface Support Decision Tree

Braden Score 18 or less and/or Clinical Signs of Pressure (Blanchable or Non-blanchable Redness)

- Continuous to have mobility and activity challenges and/or sensory deficits?
- Use turn and lift devices
- Use trapeze to address mobility and activity challenges
- Monitor skin integrity qshi//t
- Increase prevention strategies regarding additional concerns identified above
- Monitor skin integrity qshi//t
- Assess patient for additional concerns contributing to potential or actual skin breakdown:
  - Mattress unable to support weight (bottoming out)
  - Pressure points
  - Poor nutrition and dehydration
  - Moisture (increased or excessive sweating or wound drainage)
  - Friction/shear
  - Head of bed greater than 30º over large time periods (choosing to watch TV, tube feeds, etc.)
  - Pain (uncontrolled)

Pressure Redistribution, Compromised Pulmonary, or Circulatory System

• Low air loss mattress
• Percussion/pulsation
• Rotation
• Alternating pressure
- Atmos Air 9000
- Therawave VISIO
- First Step ALL-IN-ONE

Pressure Redistribution, Moisture, Friction, and/or Shear

• Air mattress
• Low air loss mattress or overlay

Example:
- Spin Lock
- Atmos Air 9000
- Therawave VISIO

CONSIDER A THERAPEUTIC SURFACE FOR PATIENT/RESIDENT

- Use a standard hospital foam mattress (consider weight limit of mattress)
- Implement basic prevention strategies for skin breakdown:
  - Head-to-toe skin assessment daily
  - Head of bed below 30º
  - Turn q4 hours
  - Off-loads

- Use turn and lift devices
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Pressure Ulcer Prevention Spring 2016

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Patients at risk must be on a turning schedule. Mattresses should fit the beds to reduce risk of entrapment.

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