Discover the Posey® “Heeling” Power

“Heel ulcers can be reduced using a total-patient care approach and Heel Offloading Devices.”

A Heel Pressure Ulcer

According to the National Pressure Ulcer Advisory Panel (NPUAP), a pressure ulcer is a localized injury to the skin and/or underlying tissue that usually develops over a bony prominence as a result of pressure or pressure with shear or friction forces.²

What are the risk factors associated with heel pressure ulcers? There are several known factors that increase a patient’s risk of developing a heel pressure ulcer, including:

- Inadequate/malnutrition
- Advancing age
- Abnormalities of circulation
- Sensory deficiency
- Immobility
- Major surgery
- Multiple health problems (comorbidities)

- Dehydration
- Friction and shear forces
- Diabetes
- Peripheral vascular disease
- Hip fractures
- Low albumin levels/anemia
- Obesity or low body-mass index

The above factors can be applied to all pressure ulcers, not just those affecting the heel.³

The Anatomy of the Heel

- Lacks fat-filled fascial interstices to absorb the compressive forces of prolonged pressure or shear.
- The blood supply is poor and there is no underlying muscle to distribute pressure.
- Prolonged pressure can lead to ischemia.⁴

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² National Pressure Ulcer Advisory Panel. Pressure definition and stages revised by NPUAP, 2009.
³ Laurie Swezey RN, BSN, CWS,CWOCN. Preventing Heel Pressure Ulcers.
Complications of Heel Pressure Ulcers

- The incidence or heel pressure ulcers range from 19% to 32% in acute care facilities.\(^5\)
- Long-term care facilities have reported prevalence rates as high as 27.3% — of these, 23.6% were heel ulcers.\(^6\)
- Heel pressure ulcers account for approximately one third of all pressure ulcers in acute care and mixed acute care/long-term care settings.\(^6,7\)
- Can lead to infection, cellulitis, osteomyelitis, septicemia, limb amputation, or death.\(^8\)
- Immobility is a primary risk factor for developing a heel pressure ulcer, it is a present factor in up to 87% of cases.\(^9\)
- Patients with a fractured hip and open reduction with internal fixation have a 45.1% probability of developing a partial-thickness (Stage I-II) heel pressure ulcer.\(^10\)

Cost of Pressure Ulcers

“The overall average hospital stay is five days and costs about $10,000, the average pressure ulcer related stay extends to between 13 and 14 days and costs between $16,755 and $20,430, depending on the medical conditions.”

Guidelines for the Prevention and Management of Pressure Ulcers WOCN 2010

Additional Costs of Heel Pressure Ulcers...

- In a tertiary hospital, total cost of care for hip fracture patients with a pressure ulcer (unspecified type) averaged $37,288 compared to $13,924 in patients without pressure ulcers.¹¹
- Patients with DM and peripheral arterial disease may need partial-foot or below-knee amputation.
- Pressure ulcers are reported to be one of the most common sources of litigation involving nursing home care.¹²
  - Filed claims for pressure ulcers are reported to be the second most common filed claim after wrongful death.
  - The average compensation for pressure ulcer cases is almost $1 million.¹²

More Associated Costs

- Patients suffer pain and are immobile and stays are extended.
- Families suffer burden of caring for dependent loved ones.
- Nurses bear additional burden and demand for care.

* Likely an underestimate since these wounds usually require additional rehabilitation to heal.
A Community-Based Hospital Study

Prevention Initiative in a Community Based Hospital “included an algorithm to assess patient risk for developing a heel ulcer and methods to remove heel pressure.” The Posey PRO-heelx was chosen to be the heel protective device for this initiative as it fulfills the International Guideline for Prevention of Pressure Ulcers recommendations. These guidelines state that “heel protection devices should elevate the heel completely (offload them) in such a way without putting pressure on the Achilles tendon”. This new device ensures offloading is maintained even when patients move their legs.

The study was “conducted as a part of the Hill-Rom International Pressure Ulcer Prevalence Survey in February 2011. The number of heel pressure ulcers across the organization dropped from 35 ulcers or 42% of all ulcers to 17 ulcers accounting for 29%. An HHS prevalence conducted nine months later in October 2011 demonstrated that these improvement have been sustained. Heels are no longer the most common anatomical location for pressures ulcer.”

A study conducted by Halton Healthcare titled “Stomp Out Heel Ulcers”: A Pressure Ulcer Prevention Initiative in a Community Based Hospital. The Posey PRO-heelx was chosen to be the heel protective device for this initiative as it fulfills the International Guideline for Prevention of Pressure Ulcers recommendations. These guidelines state that “heel protection devices should elevate the heel completely (offload them) in such a way without putting pressure on the Achilles tendon”. This new device ensures offloading is maintained even when patients move their legs.

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References:
16. Richard Bishop, RN, BScN, IIWCC and Allison Theriault, RN, BScN, IIWCC[c], Oakville, Ontario, Canada. Stomp Out Heel Ulcers: A Pressure Ulcer Prevention Initiative in a Community Based Hospital.
Features of the PRO-heelLx®

Large opening helps ensure adequate ventilation and cooling of the heel and eases patient monitoring.

2" heel lift floats the heels above the bed surface and helps protect against heel pressure ulcers.

<table>
<thead>
<tr>
<th>Cat.</th>
<th>Description</th>
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<tr>
<td>6218S</td>
<td>Small</td>
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<tr>
<td>6218WS</td>
<td>Small with Stabilizer Wedge</td>
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<tr>
<td>6218</td>
<td>Medium</td>
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<td>6218WM</td>
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<td>6219</td>
<td>Stabilizer Wedge</td>
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Optional Stabilizer Wedge helps prevent complications related to lateral rotations of the foot.
The outer fabric is made of breathable nylon, allowing moisture and heat to migrate away from the foot.

Durable straps with foot drop functionality.

Ortho-Wick™ inner-liner material for moisture management and patient care and comfort.

Quality construction allows for laundering while maintaining its shape and resiliency.

Optional Stabilizer Wedge helps prevent complications related to lateral rotations of the foot.
"Heel offloading devices solve most problems associated with pillow offloading and are more efficient because the devices stay in intimate contact with the foot and lower leg and can remain in place 24 hours a day." 21
**PRO-heelX® Application Instructions**

Proper application of PRO-heelX Pressure-Relieving Heel Protector

1. Place foot inside
2. Firmly attach two side straps
3. Criss-cross and attach two upper straps
4. PRO-heelX properly straped

Alternative application of PRO-heelX

1. Attach two upper straps along the side of the boot
2. PRO-heelX properly straped along the side

Proper placement of Intermittent Pneumatic Compression (IPC) tubing in the PRO-heelX®

Alternative instructions for patients using IPC tubing

Place the sleeve inside the PRO-heelX and the tubing through the side of the boot through the cross straps.

Before use, make sure to read the instructions accompanying the product. A copy of the instruction sheet is included with the product and can also be downloaded at www.posey.com.

www.posey.com
Other Posey Heel Offloading Devices

Posey Deluxe Podus Boot
- Aids in the healing and prevention of heel and toe ulcers.
- Large heel cavity helps keep heel isolated and free from pressure.
- Polymer splint can accommodate up to 45-degrees of plantar flexion.
- Machine washable liners made from moisture absorbing Ortho-Wick™ to help keep skin dry.
- The optional ambulation sole easily attaches without tools.

Posey Premium Heel Guard
- High resilience foam heel offloading device floats the heel and helps reduce the risk of foot drop.
- Open heel cutout allows the heel to be suspended, which reduces heel pressure.
- Heel and side ventilation openings help provide air circulation and dissipate heat buildup.
- Adjustable foam elevation block helps optimize individual positioning and heel lift.
- Adjustable straps properly position the patient’s foot to reduce the risk of foot drop.
Posey® Skin Protection

Posey Skin Care Protectors

Posey SkinSleeves™ Arm and Leg Protectors

Posey SkinSleeves™ arm and leg protectors are a versatile non-compression skin covering that offers a discreet way to protect your patient’s fragile skin from tears, bruises and abrasions. Posey SkinSleeves™ are comfortable and easy to apply.

SkinSleeves™ have been shown to reduce skin tears by 53%. 22

Posey Heel/Elbow Protectors

• Comfortable sock like coverings that help provide comfort and protect against friction and shear forces.
• Made from a latex free flexible stretch yarn with either a cushioned foam pad (6224) or a “Gel” pad (6224G) sewn to the inside.
• Expandable knitted sleeve is easily removable and helps keep extremities warm without restricting blood circulation.
• Available in four sizes. Machine washable. One pair per package.

www.posey.com


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Cost-Effective Wound Management Solutions