Wound Care Heel & Bed Pressure Relieving Product Guide

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ORPORAT

BACKGROUND

"Bedfast patients are at very high risk of developing pressure ulcers on the feet and ankles. A shallow injury or pressure ulcer can become a deep stage IV ulceration very quickly. The heels and ankles are at greatest risk of ulceration". - Barbara Acello. One reason is that heels have a small surface area (Pressure = Force/Area) and are therefore a prime site for pressure ulcer development.

It was determined by Andrews, J and Thompson - Bishop J, Mottola C. that pressure reducing mattresses are more effective than standard hospital mattresses for decreasing interface pressure on the sacrum and trocanter but do not effectively reduce pressure on the heels.

Risk Factors

Primary risk factors include: pressure, friction, shear, moisture and/or heat build up. When a combination of the above factors are present, pressure ulceration could start forming in as little as 6 hours. Those persons with extended surgery, especially hip surgery, immobile residents, persons with vascular problems and hyperactive bed ridden residents are at a higher risk. It is well documented that production of a pressure ulcer is dependent on a time pressure relationship with higher pressure being tolerated if pressure is alternated or is applied for a shorter period of time.

Another documented contribution to heel ulcers is friction between the heels and bed sheets which could also lead to shear forces penetrating the lower dermis. Friction and shear is particularly prevalent with immobile, agitated residents.

Frequency of Occurrence

The census bureau estimates that there are approximately 72 million or 20% of the population, people 65 years or older who are more susceptable to heel ulcers. It has been determined that up to 17% of chronic long term care and 20% of short stay residents in skilled nursing facilities suffer skin ulcers. Hospitals have a higher incidence rate for pressure ulcers than long term care facilities with between 57% - 60% of ulcers occurring in the hospital compared to roughly 23% in long-term care facilities. Fewer than 20% of pressure ulcers occur outside healthcare facilities, with the prevalence rate in homecare patients ranging from 9-20%. Heel ulcers account for roughly 36% of all pressure wounds.



RISK ASSOCIATED with HEEL PRESSURE ULCERS

Approximately 8% of all deaths in nursing homes are attributed to pressure ulcers according to the "Journal of Chronic Disease". The cost of treating individual pressure ulcers can be between \$500 and \$50,000. Lawsuits related to the condition remain the second most common claim, notes the Mayo Foundation for Education and Research.

Starting in Oct 2008 the centers for Medicare and Medicaid Services (CMS) will no longer reimburse providers at a higher rate for care of pressure ulcers that develop while a patient is in the acute care hospital.

RECOMMENDED INTERVENTION

It is to be noted that "Soft Boots" provide pressure reduction and redistribution to varying degrees and sometimes may suffice in comparison to heel suspension boots. Skil-Care Corporation has been developing heel boots for over 30 years and offers many solutions to the problem. When developing the products, the following parameters were considered:

- 1. Friction and Shear (use of soft, low shear fabrics)
- 2. Cooling Advantage (availability of gel pads)
- 3. Heel Suspension (off-loading)
- 4. Ease of Application (convenient strapping)
- 5. Comfort (soft padding, fabrics and non-abrasive strapping)
- 6. Life Cycle Cost (initial cost, lauderability, durability)
- 7. Consideration of Foot Drop

Since cost is a major consideration it isn't necessary to incorporate all of those listed parameters in every device. In the following pages you will find Skil-Care products separated by the most significant features. All of the Skil-Care offerings provide low friction and shear and many of the products have overlaping features.

Please refer to the icons below to facilitate the selection of the right boot.



Economy

503070

Econo Sheepskin Heel Protector

- · Light weight and economical heel protector
- · White Synthetic sheepskin is low shear and allows for air circulation
- Stays soft even after repeated launderings

ReOrder #	Description	Size	U/M
503005	Econo Sheepskin Heel Protector	Universal	12/Cs
503006	Econo Sheepskin Heel Protector	Universal	36/Cs

Meets flammability requirements of CAL 117

Triple-Ply Heel Protector

Provides three layers of sheepskin under sensitive heels

- · Maintains resiliency for constant pressure relief
- · Side vent holes promote air flow and reduce moisture build-up
- · Velcro® closures assure a snug, comfortable fit
- · Completely launderable

ReOrder #	Description	Size	U/M
503010	Triple-Ply Heel Protector	Universal	Pair
503020	Triple-Ply Heel Protector	Universal	36 Pair/Cs

Econo Foam Heel Protector

Oversized design keeps protector in place

- Made from pressure-relieving polyfoam
- Secure Velcro[®] closure guarantees easy application
- Available in standard or convoluted polyfoam

ReOrder #	Description	ReOrder #	Description	Size	U/M
503070	Foam Protector - Standard	503080	Foam Protector - Convoluted	Universal	Pair
503077	Foam Protector - Standard	503087	Foam Protector - Convoluted	Universal	Dz/Pair/ Cs



Model 503080

_are





Meets flammability requirements of CAL 117



Cozy Cloth Foam Heel Cushion

Extra-thick foam padding reduces pressure

- · Covered with a soft launderable Cozy Cloth fabric
- · Velcro® closure for easy application and secure positioning
- · Reusable and completely launderable

ReOrder #	Description	Size	U/M
503040	Cozy Cloth Foam Heel Cushion	Universal	Pair

Heel/Elbow Protector

Affordably and effectively protects sensitive heels and elbows

- · Prevents pressure sores, friction burns, and abrasions
- Soft polyfoam pad is specially contoured to comfortably cover resident's heels, elbows, or knees
- · Seamless inside to prevent abrasion
- Oversized stockinet sleeve keeps pad securely positioned without constricting arm or ankle
- · Provides a protective covering for bandages, dressings, and IVs

ReOrder #	Description	ReOrder #	Description	ReOrder #	Description	U/M
503203	Small	503204	Medium	503205	Large	Pair
503213	Small	503214	Medium	503215	Large	36 Pair/Cs

Stay-On Heel Protector

Special design makes it difficult to kick off

- Secure slide-lock buckle closure
- Two layers of plush synthetic sheepskin for superior pressure relief
- Stays soft and resilient even after repeated laundering

ReOrder #	Description	Size	U/M
503050	Stay-On Heel Protector	Universal	Pair
503060	Stay-On Heel Protector	Universal	DZ-Pair/Cs

Meets flammability requirements of CAL 117







Economy

Pressure Redistribution

Foam Pressure Relieving Heel Protector

- Two convenient models: Smooth and Convoluted foam
- · Off-loads the heel for decubitus ulcer protection
- Heel insert covered with low friction fabric for reduction of sweating and friction burns
- Two soft, comfortable cozy cloth tie straps
- · Includes auxiliary foam pad for extending the length or height
- Multiple ventilation holes for cooling affect

ReOrder #	Description	Size	U/M
503400	Foam Heel Protector - Smooth	Universal	Ea.
503450	Foam Heel Protector - Convoluted	Universal	Ea.

Ultra Soft Fiber-Filled Heel Cushion

Protects against pressure sores

- · Filled with resilient spun fiber
- Extra padding with seamless construction under heel
- · Covered with a soft launderable Cozy Cloth fabric
- · Cover wicks away moisture to eliminate skin-damaging perspiration
- Launderable

ReOrder #	Description	Size	U/M
503030	Ultra-Soft Heel Cushion	Universal	Pair



Soft Boot

Provides pressure-relief under heel, ankle, and lower calf

- · New longer length for upper-calf skin protection
- Made from plush synthetic sheepskin
- · Large vent holes promote air circulation to reduce perspiration and moisture build-up
- Secures with Velcro[®] closures
- · Completely launderable

ReOrder #	Description	Size	U/M
503160	Soft Boot	Universal	Pair

Meets flammability requirements of CAL 117









Skil-Care

Pressure Redistribution & Cooling

Gel-Foam Heel Cushion

Combines gel and foam for maximum pressure relief

- · Water-based gel insert relieves pressure and cools leg area
- · Ample foam padding adds extra cushioning
- · Covered with a soft Cozy Cloth fabric
- Launderable and reusable (with removal of gel pack)
- · Cover wicks away moisture to eliminate skin-damaging perspiration
- Extra-wide Velcro® strap secures heel cushion

ReOrder #	Description	Size	U/M
503025	Gel-Foam Heel Cushion	Universal	Pair
503088	Replacement Gel Pack	3.25"W x 6.5"D	Ea.





ADVANTAGES of COOLING

The advantages of gel's cooling effect is highlighted by studies that have determined that a one degree celcius buildup of body temperature increases the metabolic demand of the tissue by 10% which in turn contributes to an increase in the propensity to develop pressure sores. Correspondingly, the gel pad lowers the temperature at the interface by conduction.

The gel pad also distributes the forces (redistribution) to lower the pressure at this interface.



Heel-Off Loading

Overview

This category includes some of the most effective features in reducing the occurance of heel pressure ulcers, namely heel off-loading. This point was emphasized by the National Pressure Ulcer Advisory Panel in their publication "Prevention and Treatment of Pressure Ulcers: Quick Reference Guide."

As stated in the guide:

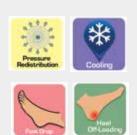
- Ensure that the heels are free of the surface of the bed.
- Use a foam cushion under the full length of the calves to elevate heels.

For category, stage 3 or 4 and unstageable pressure ulcers, place the leg in a device that elevates the heel from the bed surface, completely off-loading the pressure ulcers.

Heel-Float

Off-loads the heel over an air cavity to eliminate pressure

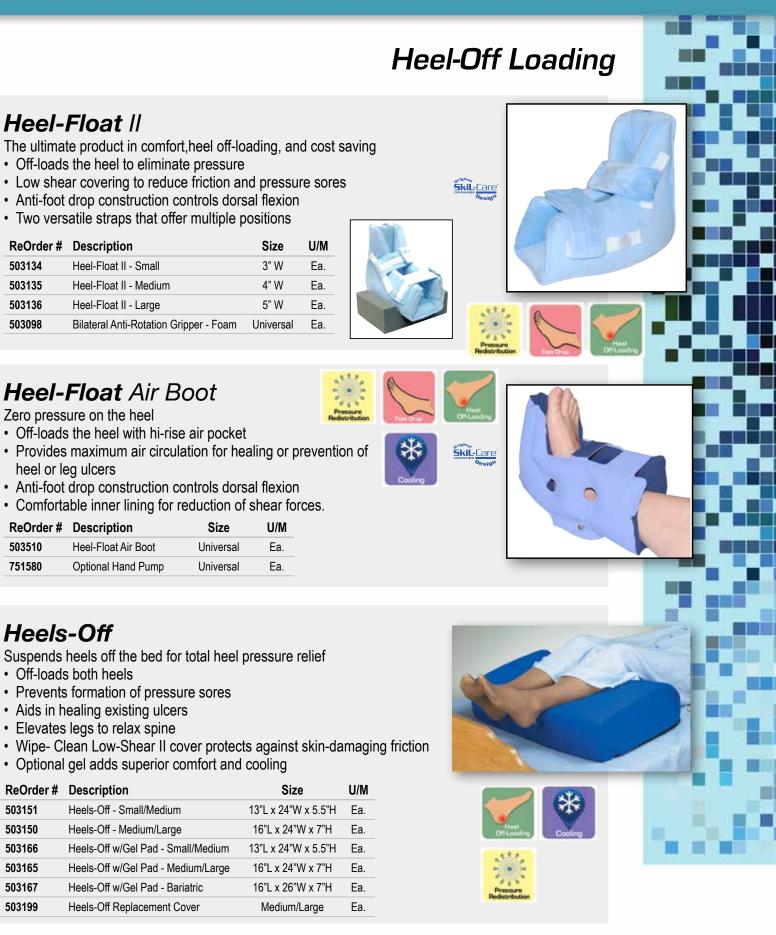
- Floats the heel over an air cavity for zero pressure
- · Provides air circulation to aid healing of existing ulcers
- Water-based gel insert lowers pressure beneath ankle
- Covered with a soft launderable Cozy Cloth fabric
- Anti-foot-drop construction controls dorsal flexion
- · Launderable and reusable (with removable gel pack)



ReOrder #	Description	Size	U/M
503034	Heel-Float - Small	3" wide	Ea.
503035	Heel-Float - Medium	4" wide	Ea.
503036	Heel-Float - Large/Bariatric	5" wide	Ea.
503095	Replacement Gel Pack for Heel Float Series	Small	Ea.
503097	Replacement Gel Pack for Heel Float Series	Medium	Ea.
503099	Replacement Gel Pack for Heel Float Series	Large	Ea.
503098	Bilateral Anti-Rotation Gripper - Foam	Universal	Ea.

503098





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Heel-Off Loading - Foot Drop



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• Off loads both heels

- Prevents formation of heel pressure sores
- Allows air circulation to aid healing of existing ulcers
- · Supports the lower legs
- · Universally sized and fits most residents
- Visco-elastic foam redistributes pressure, therefore not causing high pressure points in areas other than the heel
- Extended durability by providing medical grade components
- · Low Shear II cover protects against skin damaging friction
- · Wipes clean for easy care

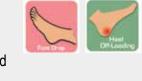
ReOrder #	Description	Size	U/M
905025	Infinity Pillow	15" x 22" x 4"	Ea.

Heel-Float Walker Boot

- · Cozy Cloth inner liner reduces friction and wicks away moisture
- · Enables residents to stand, pivot, and transfer
- Water-based gel insert lowers pressure beneath ankle
- · Detachable tread pad for infection control
- Floats heel for total pressure relief
- · Launderable when you remove gel insert and detachable tread
- Wipe-clean nylon outer cover

ReOrder #	Description	Size	U/M
503142	Heel-Float Walker Boot - Small	3" wide	Ea.
503143	Heel-Float Walker Boot - Medium	4" wide	Ea.
503144	Heel-Float Walker Boot - Large/Bariatric	5" wide	Ea.
ReOrder #	Description	ę	Size

Heel-Float Walker Boot - Large/Bariatric 5	" wide	Ea.	
Description	S	Size	U/M
Replacement Gel Pack for Heel Float Serie	s S	mall	Ea.
Replacement Gel Pack for Heel Float Serie	s Me	edium	Ea.
Replacement Gel Pack for Heel Float Serie	s La	arge	Ea.
Bilateral Anti-Rotation Gripper - Foam	Uni	versal	Ea.







Heel-Off Loading - Foot Drop

Adjustable Heel-Float

- · Floats the heel over an air cavity for zero pressure
- · Water-based gel insert lowers pressure beneath ankle
- · Adjustable belt to accommodate plantar flexion
- · Cozy Cloth lining reduces skin shear and wicks away moisture
- · Launderable when you remove gel insert and plastic stabilizer
- Wipe-clean nylon outer cover

ReOrder # 503152 503153	Description Heel-Float Adjust Small Heel-Float Adjust Medium	Size 3" wide 4" wide	U/M Ea. Ea.	
503154	Heel-Float Adjust Large/Bariatric	5" wide	Ea.	
ReOrder #	Description		Size	U/M
	Description		SIZE	U/IVI
503095	Replacement Gel Pack for Heel Float	t Series	Small	Ea.
	•			
503095	Replacement Gel Pack for Heel Float	t Series	Small	Ea.
503095 503097	Replacement Gel Pack for Heel Float Replacement Gel Pack for Heel Float	t Series t Series	Small Medium	Ea. Ea.

Heel-Float Adjustable Walker Boot

- Floats the heel over an air cavity for zero pressure
- · Water-based gel insert lowers pressure beneath ankle
- · Permits resident to stand, pivot, and transfer
- · Adjustable belt to accommodate foot drop.
- · Detachable tread pad for infection control
- Cozy Cloth liner reduces friction and wicks away moisture
- · Launderable when you remove gel insert and detachable tread
- Wipe-clean nylon outer cover

ReOrder #	Description	Size	U/M
503147	Heel-Float - Small	3" wide	Ea.
503148	Heel-Float - Medium	4" wide	Ea.
503149	Heel-Float - Large/Bariatric	5" wide	Ea.

ReOrder #	Description	Size	U/M
503095	Replacement Gel Pack for Heel Float Series	Small	Ea.
503097	Replacement Gel Pack for Heel Float Series	Medium	Ea.
503099	Replacement Gel Pack for Heel Float Series	Large	Ea.
503098	Bilateral Anti-Rotation Gripper - Foam	Universal	Ea.





ŠkiL-Care

503098



*Photo shows boot with tread being removed





Heel-Off Loading - Foot Drop Protection



Wipe-Clean Heel-Float

Zero pressure on heel

· Low-Shear II cover reduces skin-damaging friction and wipes clean for easy care

Large

Fa.

- · Suspends heel over air cavity to eliminate pressure
- Water-based gel insert lowers pressure beneath ankle
- · Wipe-clean and reusable
- Prevents plantar flexion

ReOrder #	Description	Size	U/M	
503047	Heel-Float Wipe-Clean - Small	3" wide	e Ea.	
503048	Heel-Float Wipe-Clean - Medium	4" wide	e Ea.	
503049	Heel-Float Wipe-Clean - Large/Bariatric	5" wide	e Ea.	
ReOrder #	Description		Size	U/N
503095	Replacement Gel Pack for Heel Float Seri	es S	Small	Ea.
503097	Replacement Gel Pack for Heel Float Seri	es M	ledium	Ea.

Replacement Gel Pack for Heel Float Series









Note: (Cutaway not on actual product)

ikiL-Care



503099

Zero pressure on heel, bunion, and malleoli

- · Cutouts that eliminate pressure on lateral and medial malleoli
- · Foot band that secures below bunions
- · Water-based gel insert lowers pressure beneath ankle
- Provides maximum air circulation for healing existing sores
- Covered with a soft launderable Cozy Cloth fabric
- · Extended foot support keeps blanket and sheet off toes

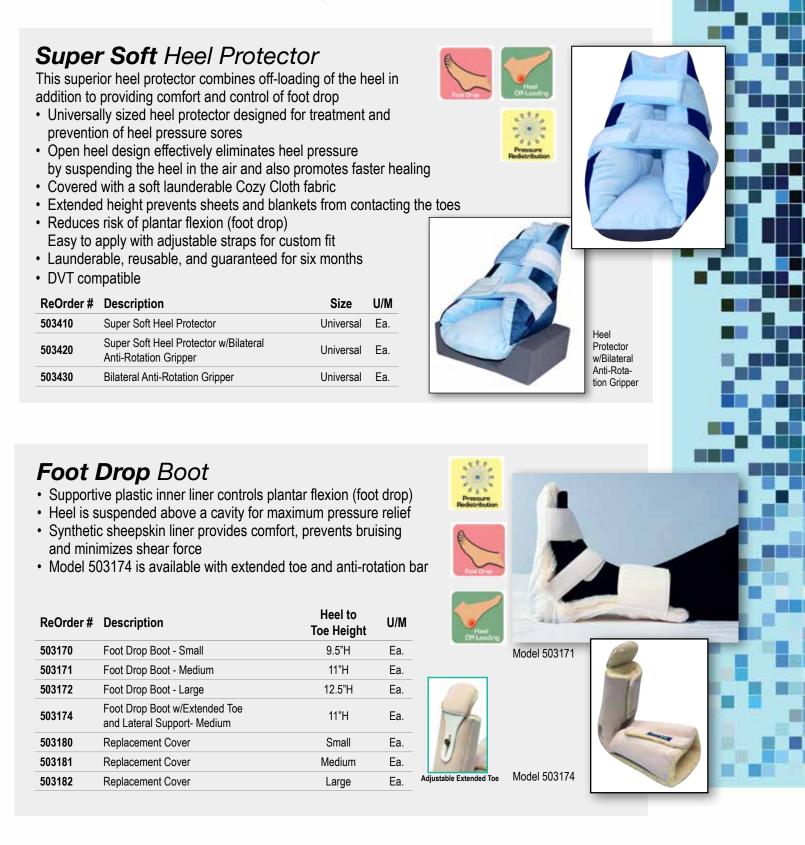
ReOrder #	Description	Size	U/M	
503044	Heel-Float Plus - Small	3" wide	Ea.	
503045	Heel-Float Plus - Medium	4" wide	Ea.	
503046	Heel-Float Plus - Large/Bariatric	5" wide	Ea.	
ReOrder #	Description		Size	U/M
ReOrder # 503095	Description Replacement Gel Pack for Heel Flo	oat Series	Size Small	U/M Ea.
	•			







Heel-Off Loading - Foot Drop Protection



Tri-Function Heel-Off Loader

Overview

Pressure ulcers associated with geriatric residents usually appear over bony prominences and those individuals who are chair or bed bound are more susceptible. In many situations a simple heel boot that off-loads the heel would be an acceptable intervention. Examples of these boots would be the Skil-Care Heel-Float. The Tri-Function Heel Off-loader was designed for individuals with poor circulation at the extremities that can't tolerate any covering over the foot. This product consists of two components that can be used separately. The heel off-loader simultaneously off-loads the heel while allowing the knees to flex at a comfortable 5°-10°. This relaxes the hips and relieves pressure from the back. The foot drop block provides a resistance to the foot for relief of foot drop. The block can be reversed to offer a 90° or 110° plane of support. As shown in the photograph, the foot block is attached to the Heel Off-Loader with a Velcro® strap which also provides the ability to adjust the distance between the two components. This item comes in two sizes to accommodate residents of different stature.

Highlights:

- · Suspends heels off the bed
- Places the knee in a 5° to 10° flexion position
- Elevates legs to relax the spine
- · Distributes the weight of the leg along the calf
- Two position foot drop block
- · Reduces the risk of pressure ulcer development
- · Detachable straps that adjust for any leg length
- · Low-Shear II cover reduces skin-damaging friction and wipes clean for easy care

ReOrder #	Description	Size	U/M
503188	Tri-Function Heel Off-Loader System - Short	18" Long	Each
503189	Heels-Off loader for 503188 System	22"L x 20"W x 7"H	Each
503185	Tri-Function Heel Off-Loader System - Long	22" Long	Each
503186	Heels-Off loader for 503185	22"L x 20"W x 7"H	Each
503187	Foot Drop Block for 501385 & 503188	7"L x 20"W x 12"H	Each

Choice of Low Shear II -Drop Plane Velcro Loop ^o or 110^o) Detachable Velcro Strap-Hook (Variable Distance - D)

Foot-Drop Block

Heel Off-I oad

Heel Off-Loader

*Note: The set consist of one (1) heel off-loader and one (1) foot drop control block







Bed Pressure Relieving and Weight Distribution Systems

30° Multi-Fuctional Bed Bolster System

- · Helps prevent pressure ulcers by off-loading the sacrum
- Keeps residents positioned at the appropriate angle
- · Helps protect the caregiver while caring for the resident
- Choice of two slider sheets: nylon or mesh for low air loss mattresses
- · Slider sheets connect with bolsters to stabilize them
- · Bolsters are covered with a easy wipe clean LSII cover

ReOrder #	Description	U/M
556135	24"L, 30° Foam Wedge, 42"W x 50"L Nylon Slider Sheet (set) w/Handles	2 Sets
556136	24"L, 30° Foam Wedge, 42"W x 50"L Mesh Slider Sheet (set) w/Handles	2 Sets
556137	34"L, 30° Foam Wedge, 48"W x 50"L Nylon Slider Sheet (set) w/Handles	2 Sets
556039	16"L 30° Foam Wedge for any system	2 Each
556040	24"L, 30° Foam Wedge for 556135 and 556136	2 Each
556041	34"L, 30º Foam Wedge for 556137	2 Each
556142	Replacement Nylon Slider Sheet w/Handles For Bed Bolster 42"W x 50"L For 556135	1 Each
556143	Replacement Mesh Slider Sheet w/Handles For Bed Bolster 42"W x 50"L For 556136	1 Each
556144	Replacement Nylon Slider Sheet w/Handles For Bed Bolster 48"W x 50"L For 556137	1 Each
556065	EZ Glide Universal Sheet - Standard Mattress 34"W - 38"W, Size: 72"L x 38"W	1 Each
556066	EZ Glide Universal Sheet For Mattress 42"W - 46"W, Size: 72"L x 44"W	1 Each
556067	EZ Glide Universal Sheet For Mattress 48"W - 56"W, Size: 72"L x 56"W	1 Each



PREVENTION & TREATMENT OF PRESSURE ULCERS NATIONAL PRESSURE ULCER ADVISORY PANEL

Determine Repositioning Frequency with Consideration to the Individual

- Tissue Tolerance & ComfortLevel of activity & mobility
- General medical conditionSkin Condition
- Teach individuals to do pressure relief lifts or other pressure relieving manoeuvres.
- Avoid positioning the individual on bony prominences with existing non-blanchable erythema
- Avoid subjecting the skin to pressure and shear forces
- Use manual handling aids to reduce friction and shear lift, don't drag the individual while repositioning.

Repositioning Individuals in Bed

Use the 30° tilted side-lying position (alternately right side, back, left side) or the prone position if the individual can tolerate this and his/her medical condition allows.

Encourage individuals who can reposition themselves to sleep in a 30° to 40° side lying position or flat in bed if not contraindicated.

Limit head of bed elevation to 30° for an individual on bed rest unless contraindicated by medical condition or feeding and digestive consideration.



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Skil-Care[™] Prevention and Treatment of Pressure Ulcers

The National Pressure Ulcer Advisory Panel is the most prestigious assemblage of experts on the subject of pressure ulcers. The committee members represent the majority of countries in the western world. This committee publishes a guide titled "Prevention and Treatment of Pressure Ulcers: Quick Reference Guide and included below are quotes from this guide that are relevant to the subject of heel ulcer prevention and treatment.

Skin and Tissue Assessment

Protect the skin from exposure to excessive moisture with a barrier product in order to reduce the risk of pressure damage. Moisture may increase the risk of pressure ulceration.

Emerging Therapies for Prevention of Pressure Ulcers

Consider the need for additional features such as the ability to control moisture and temperature when selecting a support surface.

Do not apply heating devices directly on skin surfaces or pressure ulcers. Heat increases the metabolic rate, induces sweating and decreases the tolerance of the tissue for pressure.

Determine Repositioning Frequency with Consideration to the Individual

Avoid subjecting the skin to pressure and shear forces.

Repositioning to Prevent and Treat Heel Pressure Ulcers

Ensure that the heels are free of the surface of the bed

The knee should be in slight (5° to 10°) flexion

For category, stage 3 or 4 and unstageable pressure ulcers, place the leg in a device that elevates the heel from the bed surface, completely off-loading the pressure ulcer, consider a device that also prevents foot drop.

Individuals in the Operating Room

Use heel suspension devices that elevate and off-load the heel completely in such a way as to distribute the weight of the leg along the calf without placing pressure on the achilles tendon.