

PRESSURE RELIEVING DEVICES & TECHNIQUES

WHAT TO USE AND WHEN?

PRESSURE MATTRESSES

- Pressure relieving devices support the redistribution of body weight but do not negate the need for regular turning/pressure area care
- Any patient deemed very high risk (+20) requires a pressure mattress
- We have our own stock of pressure mattresses in PICU, and our friendly technologists can help locate one for your patient if none are available

*NOTE: the use of sheets, kylie pads, dry-flows, and towels potentially alter the pressure relieving qualities of the mattress so avoid their use where possible. USE SINGLE SHEET ONLY.



PROPHYLACTIC BARRIER DRESSINGS

- The use of prophylactic dressing underneath medical devices is supported through clinical research
- In selecting a dressing to protect skin underneath a medical device, the following should be considered, the dressing should;
 - Not interfere with the function of the device
 - Not increase pressure under the device
 - Absorb excess moisture
- Is COMFEEL (our current practice) the most appropriate prophylactic dressing we should be using?
- Many studies have compared the use of a *hydrocolloid dressing (i.e. comfeel)* with a *soft silicone foam dressing (i.e. mepilex)* and found **soft silicone foam dressings to be better** at reducing the incidence of pressure injuries underneath medical devices and high risk anatomical sites (i.e. sacrum and heels).

MEPILEX

Soft silicone foam dressing

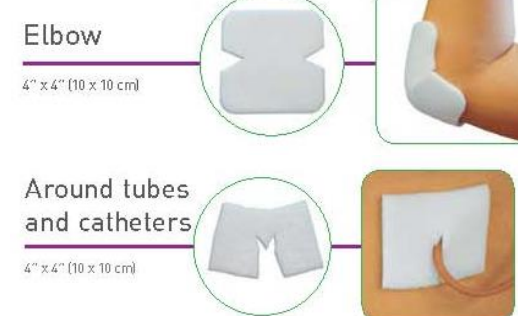
Ideal for pressure injury prophylaxis as it reduces a patients' risk by acting on the 4 extrinsic factors of pressure injury development to;

- Redistribute shear
- Redistribute pressure
- Reduce friction
- Maintain an optimal microclimate

Mepilex borders can be used for heel, elbow and sacrum pressure injury prophylaxis and treatment, but cannot be cut to shape as it disrupts the function of the dressing.

Mepilex and Mepilex Lite can be cut to size and used under CPAP/BiPAP and other medical devices, as well as heels, elbows and sacrum.

Mepilex products are also less likely to cause trauma to skin upon removal than hydrocolloid products.



DO NOT USE

- **Water-filled gloves under heels** – unable to redistribute any pressure
- **Doughnut-type devices** – may impair lymphatic drainage and circulation and may contribute to pressure injury development!