

The JAY Balance Cushion (with Roho Air insert) (page 1 of 5)

Why do I need a JAY Balance cushion?

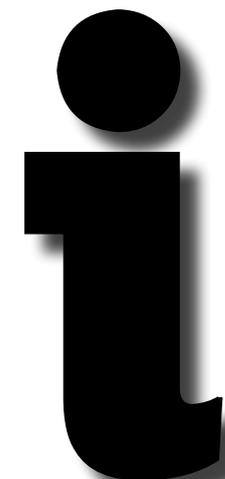
Your injury means that you may easily develop pressure marks and ulcers. You have been assessed as needing a specialist cushion to reduce the chance of this happening.

Your JAY Balance cushion

There are 2 types of JAY Balance cushion. This leaflet covers the use of the air insert.

The cushion is made up of 4 main parts:

- A moulded dual layer foam base.
- A moisture resistant inner cover. If required the inner cover can be used to contain positional aids.
- An air-filled ROHO insert, adjusted by air valves at the front of the cushion. This is held in place by Velcro strips on top of the inner liner.
- An outer cover for protection and handling of the cushion. Depending on your requirements the outer cover is available in 3 different types: Microclimatic, Stretch or Incontinent.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Accessories such as a solid seat insert (SSI) or a wooden base may be used with this type of cushion.

A dual valve compartment air insert is also available to improve side-to-side support.

The cushion gives stability and good weight distribution whilst promoting overall positioning and support.

Pressure Clinic
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Date written: June 2014
Last revised: June 2017
Review date: June 2020
Version: 2.0
Code: PI1216

Before use

The cushion is supplied in a box which you should keep as you may need to return the cushion if there are any problems with it.

A ROHO pump should be included with your cushion. You must only use the ROHO pump with your cushion, other pumps will damage the cushion. For minor punctures a repair kit is also included. You can get more patches and glue from your cushion provider.

The cushion must be used with both covers provided and it should not be used without them.

If the covers are damaged or worn you will need to get a replacement from your cushion provider.

Always hold the cushion by the handle at the front, or by the base. Do not carry by the air valve(s).

Daily checks

You need to check the cushion daily for signs of wear and tear and air inflation levels. If anything is damaged or worn you will need to get replacements from your cushion provider.

If someone else is checking the cushion for you, you will need to tell them how to do it and make sure that they do as you have told them.

It is best not to wear a watch or rings with stones when checking the cushion as these can puncture the air cells. Long finger nails can also cause punctures.

Remove the cover and check it for damage. Ensure the Roho air insert is still inflated and there are no visible signs of punctures. If you find a minor puncture you should use the puncture repair kit, which is explained later.

Check the foam base for wear or change of shape.

Check the air tubing is secured correctly to the sides of the foam base and the air valves are tightly closed. If you need to close the air valve, hold the bottom of the valve with one hand and turn the valve clockwise with your other hand.

Check that any additional positioning items are not damaged and are correctly inserted.

If a support base is used, that is a solid seat insert (SSI) or a wooden base, insert it correctly into the outer cover, underneath the foam base and inner liner.

If you are using a foldable wheelchair, insert an SSI or a wooden base.

If you are using the cushion on a solid base, the SSI or wooden base must be removed.

If you have any queries about adjusting your JAY Balance cushion you can contact the Pressure Clinic or your local wheelchair service for advice.

Adjusting the cushion

You must be confident in directing others on how to set and hand test your cushion correctly. Your skin may be put at risk if you allow untrained professionals, family or carers to

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adjust the air valve or reset the cushion.

Check that the cushion is correctly inflated by hand testing as you have been shown. The cushion works best when there is ½" to 1 inch (1.5cm to 2.5cm) of air between the cushion base and the lowest bony part of your bottom.

If your cushion has a dual valve compartment insert, always adjust the side that corresponds to your lowest bony part of your bottom first.

To open the air valve, hold it with one hand and turn the valve anti-clockwise. To close it, turn the valve clockwise.

If you are admitted to the Spinal Centre you should not adjust the ROHO cushion it should only be adjusted by the Pressure Clinic staff. If in doubt please contact the Pressure Clinic on ext. 4291, and please do not use the cushion until it has been adjusted by them.

You may get skin marking and pressure ulcers if the cushion is not inflated properly.

Using the cushion

Once you have finished checking or cleaning the cushion, you will need to put it back together carefully. There are labels on the foam base, inner cover and the air insert to help you with this.

The insert should sit in the middle of the well in the foam base. When the Velcro tapes match up, press down firmly on them to keep the insert secure. The well section of the foam base should be completely covered by the air insert. The tubing attached to the rear of the insert must be channelled along the inner cover and secured with the fabric loops provided. Make sure the tubes are not in direct contact with the sitting area.

The air valves must be visible through the slots on the sides of the outer cover (behind the Jay logo).

The cushion has been designed to be used with an outer cover. Do not use it without the outer cover.

Do not use any other cover on the cushion such as a pillow case, as this will affect the efficiency of the cushion. It is at the discretion of your cushion supplier if a spare outer cover is provided.

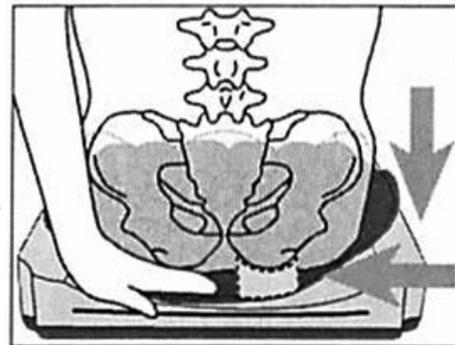
When the covered foam base is placed inside the outer cover, the ROHO insert should be at the zippered end of the outer cover. The inner cover zipper should be visible when the outer cover zipper is opened.

The cushion is placed on the wheelchair with the carry handle at the front, labels at the sides and base and zippers at the back.

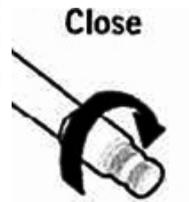
It is very important that all the parts are put together correctly and that the cushion is the

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 = ½" - 1" (1.5 cm - 2.5 cm)
recommended distance
between the individual and
the seating surface



right way round.

Do not store items under or to the side of your cushion as this could create a higher seating pressure, and lead to pressure marks or ulcers.

Sharp objects may puncture the gel pad. Should this happen you must contact your wheelchair service or your cushion supplier immediately.

Your skin can be badly damaged if the cushion is not used properly.

Cleaning your cushion

Remove the outer cover and turn inside out.

The outer cover can be machine washed on a 60°C wash cycle with mild detergent. Do not use bleach. It should be drip dried or tumble dried on a cool setting to prevent shrinkage. Washing instructions are on the label. Do not dry clean. Do not iron.

You need to separate the air insert carefully from the inner cover and foam base combination before you can clean them.

If used, remove any positional aids before cleaning.

The air insert can be wiped clean with warm water and detergent. Make sure that areas between the cells are clean.

The inner cover can be wiped clean with warm water and detergent. You need to make sure that areas between the folds are clean. Do not submerge in water.

The foam base and positional components should be wiped with a damp cloth only - never use soap or detergent. Do not put the foam base or positional components in water. Always allow to dry naturally.

If the base or any of the additional components becomes soiled due to incontinence they must be replaced. They cannot be cleaned. Contact your wheelchair service or cushion provider for a replacement.

Do not use strong substances such as bleach, alcohol products or oil-based lotions when cleaning your cushion.

Dry the cushion in open air. Do not place it in direct sunlight or in front of fires, radiators or heaters.

Punctures

If your cushion has a puncture, do not sit on it until it has been repaired or replaced.

You are likely to develop pressure ulcers if you sit on a punctured cushion.

A puncture repair kit with instructions is provided with the cushion. If you require another kit or cannot repair the puncture, contact wheelchair services or your supplier.

General information about the cushion

No latex has been used in making this product.

Travelling in an aeroplane will affect the cushion, which will become over-inflated. You may

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need to let a little air out before take off and reset it again after landing.

The cushion is guaranteed from manufacturing defects for 2 years.

The JAY Balance cushion will generally last between 3 to 5 years, but this depends on your weight and how active you are.

When you need to repair or replace the cushion, contact the local wheelchair service or supplier. You can contact the Pressure Clinic for contact details.

The maximum user weight of this type of cushion varies depending on the pelvic loading area (PLA) ring size:

PLA ring sizes A and B (cushion widths up to 50cm) 150 kg / 360 lbs.

PLA ring size C (cushion widths over 50cm) 225 kg / 496 lbs.

Pressure relief

You may need to carry out pressure relief on this cushion. If you are not sure whether you need to do this, please contact the Pressure Clinic.

Pressure relief helps to keep the blood flowing in your seating area. This is necessary for healthy skin and helps prevent ulcers forming.

Pressure is relieved when the bony parts of your bottom are lifted clear from the cushion. To do this you can lift your bottom off the seat or lean from side to side or forward and then back. If possible relieve the pressure every 20 minutes for 20 seconds.

Skin

You should check your skin for any damage before getting into your wheelchair and on going back to bed. When in bed, if you have any red or pink marks on your skin, you will need to relieve pressure from the area until the mark has completely faded. If the mark is still there after 30 minutes, please contact the Pressure Clinic for advice.

New cushions are firmer than older ones, so you need to check your skin as often as possible when you get a new one.

The Pressure Clinic

You will attend the Pressure Clinic during the appointment with your consultant but you can arrange for extra appointments in the clinic if you want to.

You can also contact us for advice or information on pressure care. We can also provide addresses and telephone numbers of local wheelchair services as well as sales representatives for cushions.

The Pressure Clinic telephone number is 01722 429291.

Please remember that this hand-out is only to be used as a guide. Each person needs to be assessed for their own cushion. When you have your own cushion, you must still check your skin and attend the clinic for assessment. Why do I need a JAY Balance cushion?

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