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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.

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The Jay Lite Cushion *(page 1 of 4)*

Why do I need a Jay Lite cushion?

Your injury means that you may easily develop pressure marks and ulcers.

The Jay Lite is a specialist cushion to reduce the chance of this happening.

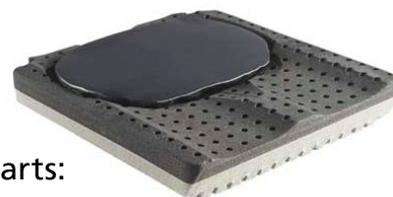
Your Jay Lite cushion

This cushion is made using various types of foams combined together.

The moulded seating surface gives stability and good weight distribution.

The Jay Lite cushion is made up of three main parts:

- A moulded high density foam base with an integrated foam pad.
- A removable foam pad (protected by an inner cover).
- An outer cover for protection and handling of the cushion.



There are two types of this cushion: the Jay Lite and the Jay Lite Positioning. Older versions of this cushion will have a non-removable foam pad.

Accessories such as a solid seat insert (SSI) can be used with these cushions.

Daily checks

The Jay Lite cushion requires minimal maintenance.

If someone else is doing this for you, you will need to tell them how to do it and then make sure that they do it as you have asked.

Always check for loss of shape, wear and/or compression of the moulded foam base and the foam pad. This will help to provide sufficient padding under your bottom and prevent the cushion 'bottoming out'.

The outer cover should be checked for signs of excessive wear and replaced if required.

If a solid seat insert (SSI) is used, attach it to the bottom of the foam base and insert the cushion correctly into the outer cover. If necessary this can

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also be attached directly to the outer cover.

The SSI is designed to improve the life-span of the cushion and your overall posture by reducing how much the foam base sags when it is used on foldable wheelchair bases. The SSI must be removed if used on a flat base as it can increase the pressure to your seating bones, promoting skin damage. The SSI is labelled to help correct placement.

Using the cushion

Always hold the cushion by the handle at the front, or by the base.

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 and on the insert to help you with this.

The removable foam pad must be covered by the inner cover. The Velcro strips on the inner cover help secure the foam pad to the foam base.

Ensure that the foam base is placed the correct way round inside the cover (and not back to front or upside down) and that the foam pad is at the zippered end of the outer cover.

The outer cover has a carry handle at the front, zippers at the back and descriptive labels on the sides and underside of the cover to enable correct positioning before use.

It is important that all the parts are assembled correctly. Placing the complete assembled cushion the wrong way around can cause significant skin damage.

We advise you not to 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 damage the outer cover. Should this happen you must contact your wheelchair service or your cushion supplier immediately.

The cushion has been designed to be used with the outer cover for maximum efficiency. If the cover is damaged it must be replaced. Replacement covers are available from your wheelchair service or the supplier of your cushion. It is at the discretion of your cushion supplier if a spare outer cover is provided.

We advise you not to place an alternative cover on the cushion such as a pillow case as this will affect the efficiency of the cushion and can cause skin marking.

The maximum user weight for these cushions is: 150kg / 330lbs / 23st 8lbs.

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

Cleaning your cushion

The manufacturer recommends monthly cleaning to help extend the life-span of your cushion.

- Remove the outer cover and machine wash on a 40°C wash cycle with mild detergent. . Washing instructions are on the label.
- The removable foam pad can be machine washed on a 40°C wash cycle with mild detergent. We recommend that you wash the foam insert inside the outer cover or a laundry bag to prevent damage. The inner cover over the foam pad does not need to be removed for washing.

- The cover and foam pad should be drip dried or tumble dried on a cool setting to prevent shrinkage.
- Never use bleach, alcohol products or oil-based lotions to clean any part of your cushion, as they can perish the materials used.
- Do not dry clean the cover.
- The moulded base and non-removable foam pad should only be wiped with a damp cloth - never use soap or detergent. Do not put the foam base in water.
- Allow to air dry fully before using. Do not place it in direct sunlight or in front of fires, radiators or heaters.

If the base becomes soiled due to incontinence it cannot be cleaned and must be replaced. Contact your wheelchair services or cushion provider for a replacement.

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 skin damage before getting into your wheelchair and when you return 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.

Life expectancy of the cushion and how to replace it

The Jay Lite cushion should last between 18 – 24 months but this can vary depending on your weight and how active you are. The cushion is guaranteed for 2 years to be free from manufacturing defects.

To repair or replace your cushion contact your local wheelchair service or supplier. If you are unsure of their address please contact the staff at the Pressure Clinic who will be able to help.

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How can the Pressure Clinic help?

We are available by telephone for advice, and you will also attend the Pressure Clinic during your outpatient appointment to see your consultant.

Additional appointments can also be made for you to be seen in the Pressure Clinic should you wish this.

You can contact us for addresses and telephone numbers of local wheelchair services, sales representatives for cushions and for advice on any aspect of your pressure area care.

Please remember that this hand-out is only to be used as a guide and that each person needs to be individually assessed for a cushion. Once a cushion is prescribed it does not reduce the need for skin checking and continued assessment.