

Mobilising times following a change of cushion (page 1 of 2)

It is important that enough time is allowed for skin to adapt to a new type of cushion. To minimise the risk of skin marking, and to build up skin tolerance to pressure exerted on the boney parts of your bottom, we suggest that you follow the following guidance.

At the discretion of Pressure Clinic staff, individuals who have the ability to mobilise without nursing assistance and/or minor neurological loss can “Fast Track” the mobilising times. This will involve mobilising for an agreed period of time by the individual and Pressure Clinic staff.

A minimum of a 1 hour bedrest period (repositioned on their side) and frequent skin checking (before and after mobilising) must be adhered to.

Please note: these are a guide only and may be adapted to suit individual needs with the agreement of Pressure Clinic and senior ward staff.

Day 1

- Up for 1 hour on the new cushion
- Back to bed, on your side, for a minimum of 2 hours (1 hour if you can relieve pressure)
- Up again for 2 hours on the new cushion
- Back to bed, on your side.

Day 2

- Up for 3 hours once.

Day 3

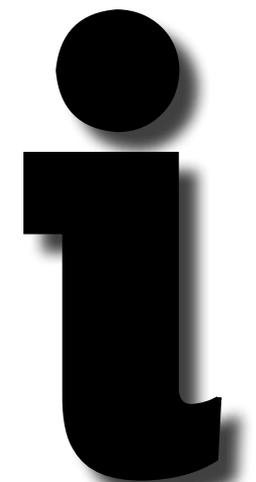
- Up for 4 hours once.

Day 4

- Up for 5 hours once.

CONTINUE BY INCREASING TIME UP IN YOUR WHEELCHAIR BY 1 HOUR EACH DAY ON YOUR NEW CUSHION until you are up in your chair for your usual length of time. You are at risk of skin damage if you do not follow this advice.

Do not swap between your old type and new type of cushion when mobilising. Different types of cushions have different pressure-relieving properties, and this can have an adverse effect on your skin.



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: customercare@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.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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.

Pressure relief

If you are able to pressure relieve, this should be carried out for 20 seconds every 20 minutes (20/20).

Pressure-relief helps to prevent disruption of the blood flow for long periods of time to the seating area.

It allows fresh blood to be 'pumped' to the weight bearing areas and allows waste products to be drained away - essential needs for healthy skin.

Pressure relief can be achieved by lifting your bottom off the seating area, or by leaning side to side or forward, to move your body weight off the bony parts.

An adequate pressure lift involves full lifting of the bony parts of your bottom off the cushion.

Skin

Before getting up into the wheelchair and immediately on return to bed it is essential that skin is checked for signs of marking (i.e. pressure marks).

When in bed, all pressure should be relieved from any pink or red marks until the mark has faded completely.

If a pressure mark caused by the new cushion takes longer than 30 minutes to fade, discontinue using this cushion and contact the Pressure Clinic for advice. You may need to trial another type of cushion, and recommence mobilising from Day 1 (1 hour).

For further information please contact: The Pressure Clinic on 01722 429291 ext 4291.

For more information please refer to the Protocol for the Pressure Clinic <http://www.icid.salisbury.nhs.uk/clinicalmanagement/spinalinjuries/pages/pressureulcerprevention.aspx>