



The Qbitus Range of Cushions (1 of 4)

Why do I need a Qbitus 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 Qbitus Cushion

There are different types of Qbitus cushions available. Using different types of moulded high density foams, these cushions are lightweight and durable.

The Qbitus cushion range provides stability and weight distribution whilst promoting overall positioning and support.

Qbitus cushions are available in different types of styles and can be adapted to suit your individual needs.

The Spinal Centre uses the following cushions from the Qbitus Range:

- The Interum cushion
- The Mercury 300
- The Community Gel cushion
- The Qbi-Flex cushion.

Due to variations in the range we advise you not to use a different type of Qbitus cushion until you have been assessed for its use.

Please contact the staff at the Pressure Clinic who will be able to help.

Daily Checks

All types of Qbitus cushion require minimal maintenance.

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

Always check for loss of shape, wear and / or compression (this will help to provide sufficient padding under your bottom and prevent the cushion 'bottoming out').

Various covers can protect the cushion, depending on your requirements:

- A breathable outer cover that can be removed for washing, with a

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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.

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stretchy thin plastic inner liner underneath (to protect the foam cushion)

- A waterproof wipeable outer cover.

Once you have finished checking or cleaning the cushion, you will need to put it back together carefully.

Using the cushions

The cushion has been designed to be used with the outer cover for maximum efficiency and may be used without the cover temporary, e.g. whilst the cover is in the wash, only if the inner liner is not damaged.

The inner liner will allow for temporary mobilising; however this should be for a shorter time period due to increased risk of heat generation / moisture build up on your skin.

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

If any of the protective covers become damaged, it must be replaced. If this happens you must contact your wheelchair service or your cushion supplier immediately.

If the cushion foam becomes contaminated because of incontinence, it should be replaced as the foam is absorbent and cannot be cleaned.

Depending on your requirements a waterproof wipeable outer cover or a removable towelling outer cover can be provided as an alternative.

The outer cover has descriptive labels on the sides or the back of the cover to enable correct positioning before mobilising.

To prevent the cushion sagging it may have a built-in support if it is to be used on a canvas of a foldable wheelchair.

Do not expose your cushion to naked flames or long periods of high or low temperatures.

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 and damage the protective covers. If this happens you must contact your wheelchair service or your cushion supplier immediately.

Be careful not to rip or overstretch the thin inner liner.

Do not bend the cushion as this will damage the foam.

The contoured cushion has a raised area at the front to enable correct positioning before use. The outer cover has a handle at the front and a zipper at the back.

It is vital that the cushion is not placed the wrong way round (not back to front or upside down) inside the outer cover. Placing the complete assembled cushion the wrong way round can cause significant skin damage.

The maximum user weight limit will vary depending on the type of Qbitus Cushion used.

For reference, the weight limit of the following cushions used by the Spinal Centre are:

- The Interum cushion = 114kg / 251lbs

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- The Mercury 300 cushion =114kg /251bs (standard width sizes – under 20”) or 203kg / 447bs (20” width sizes or above)
- The Community Gel cushion = 95kg / 209lbs
- The Qbi-Flex cushion = 95kgs / 209lbs

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

Cleaning your cushion

The breathable outer cover can be machine washed on a 40°C wash cycle. Make sure the zipper is closed Do not tumble dry.

Ensure the zipper is closed before washing.

The wipeable outer cover and the inner liner can be cleaned with a damp cloth and normal household detergent and wiped dry. Do not tumble dry the wipeable covers.

Washing instructions can be found on the label of the outer cover.

The foam base can be wiped cleaned with a damp cloth and household detergent or soap.

Do not immerse the foam cushion (with or without protective covers) into water.

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

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

Never use bleach, alcohol products or oil-based lotions to clean any parts of your cushion, as they can damage the cushion.

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 going back to bed. When in bed, if you have any red or pink marks on your skin, you must 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, when you get a new one check your skin as often as possible.

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Life expectancy of the cushion and how to replace it

The lifespan will vary depending on the weight and activeness of the individual. As a guide we recommend that the following cushions are replaced:

- 6 -9 months for the the Qbi - Flex cushion
- 12 months for the Community Gel cushion
- 12- 18 months for the Interum cushion
- 18- 24 months for the Mercury 300 cushion

These cushions are guaranteed for 2 years 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 can help.

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 so wish.

We can be contacted for addresses and telephone numbers of local wheelchair services, sales representatives for cushions, and for advice on any aspect of your pressure area care.

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Please remember that this leaflet 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.