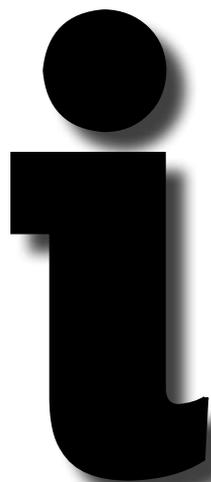


Re-mobilising after a period of bedrest (page 1 of 2)



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.

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.

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It is important that enough time is allowed for skin to build up pressure tolerance over the area that has been previously damaged.

Therefore, to prevent further skin damage, we recommend that time spent up in a wheelchair is at first limited.

Please note: we recommend that all skin marking has completely faded before you start mobilising again.

The following table is offered as a guide. We recommend that these stages are followed in order.

Do not skip a stage to increase mobilising times – you are at risk of repeated skin damage if you do not follow this guidance. In some instances individually tailored regimes may be needed.

To prevent further skin deterioration it is important that the cause of any skin marking is established and dealt with promptly.

Mobilising guidelines:

Day	Mobilising time
1	Up for 30 minutes once a day
2	Up for 45 minutes once a day
3	Up for 1 hour once a day
4	Up 1 hour 30 minutes once a day
5	Up for 2 hours once a day
6	Up 2 hours 30 minutes once a day
7	Up 3 hours once a day
8	Up 3 hours 30 minutes once a day
9	Up 4 hours once a day
10	Up 5 hours once a day
11	Up 6 hours once a day.

Continue to increase mobilising by 1 hour each day, until you reach the ideal time spent in your wheelchair with no detrimental effect on your skin.

If the original pressure mark has caused at least 3 days of bedrest before it disappears, restart at the beginning of the guidelines (i.e. day 1) when re-mobilising.

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.

The Pressure Clinic
Tel: 01722 429291

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 to side or forward, to move your body weight off the bony parts of your bottom.

An adequate pressure lift involves full lifting of your ischial tuberosities (the boniest part) off the cushion.

Skin

It is essential that skin is checked for signs of discolouration or marking (i.e. pressure marks) before getting up into the wheelchair and immediately on returning to bed.

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

For skin marking that has completely faded before 30mins, then continue mobilising to the next stage.

If a pressure mark does not fade within 30 minutes, relieve all pressure from this area until the mark has completely disappeared. When getting up again, go back to the previous stage e.g. if you marked after 4 hours, go back to the previous stage, 3 hours 30 minutes, and if necessary stay at this mobilising time for 3 days before progressing to the next stage.

If skin marking is persistent, take into account factors that may be possible causes of the problem e.g. urinary tract infection, weight loss, condition of equipment etc, and seek advice.

The mobilising times are intended as a guide only, and may be tailored to your specific needs.

Please contact the Pressure Clinic or Community Liaison for further advice if skin marking continues after following these guidelines.

The Pressure Clinic
The Duke of Cornwall Spinal Treatment Centre
01722 429291

The Community Liaison Office
The Duke of Cornwall Spinal Treatment Centre
01722 429130

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