

Re-mobilising onto a healed pressure ulcer (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.

Author: Matt Fiddy
Role: Outpatient Technician
Date written: May 2007
Last Reviewed: September 2016
Review date: September 2019
Version: 2.2
Code: PI0528

It is important that enough time is allowed for skin to build up pressure tolerance over the area that has been treated surgically or conservatively following a pressure ulcer.

Therefore, to prevent further skin damage, we recommended that time spent in your wheelchair is at first limited.

Your specialist team will assess when it is safe for you to get up again after your operation.

For conservatively managed pressure ulcers, we recommended that you wait for 3-4 days after the pressure ulcer has healed completely before getting up.

The following table is offered as a guide. We recommended 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 stick to the regime.

In some instances individually tailored regimes may be needed.

It is important that the cause of any skin marking is established and dealt with, to prevent further skin deterioration.

Mobilising guidelines

| Day | Mobilising time |
|-----|----------------------------------|
| 1 | Up for 15 minutes once a day |
| 2 | Up for 30 minutes once a day |
| 3 | Up for 45 minutes once a day |
| 4 | Up 1 hour once a day |
| 5 | Up 1 hour 15 minutes once a day |
| 6 | Up 1 hour 30 minutes once a day |
| 7 | Up 1 hour 45 minutes once a day |
| 8 | Up 2 hours once a day |
| 9 | Up 2 hours 15 minutes once a day |
| 10 | Up 2 hours 30 minutes once a day |
| 11 | Up 2 hours 45 minutes once a day |
| 12 | Up 3 hours once a day |
| 13 | Up 3 hours 30 minutes once a day |
| 14 | Up 4 hours once a day |
| 15 | Up 4 hours 30 minutes once a day |
| 16 | Up 5 hours once a day |
| 17 | Up 5 hours 30 minutes once a day |
| 18 | Up 6 hours once a day. |

The Pressure Clinic
Tel: 01722 429291

It is important to follow this daily regime of mobilising times to prevent further skin breakdown. Do not exceed more than 6 hours once a day when mobilising times have been built up, until you have been reviewed and assessed as being safe to do so with no adverse effects to your healed area. This can be undertaken by a Community Liaison visit or via a telephone call.

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

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

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 prominences.

An adequate pressure lift involves lifting the bony part of your bottom completely 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 discolouration or 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.

For skin marking that has completely faded before 30mins, please 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, and when getting up again go back to the previous stage i.e. if you marked after 4 hours, go back to the previous stage, 3 hours 30 minutes.

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

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

The Pressure Clinic 01722 429291
The Community Liaison Office 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>