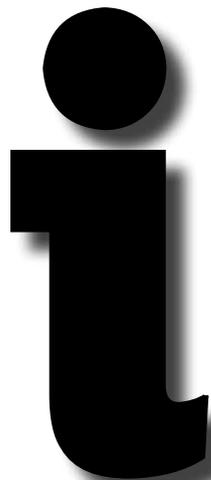


The Roho Airlite Cushion (page 1 of 3)



Why do I need one of these?

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 Roho Airlite cushion

It is made using high density foam, which is lightweight and durable, with sealed air cells encased in the foam (no adjustments are necessary with the air cells).



The moulded contoured seating surface of the Roho Airlite cushion gives stability and good weight distribution whilst promoting overall positioning and support.

A fluid-resistant breathable outer cover protects the foam cushion from moisture damage.

Maximum user weight of this cushion is: 125 kg/275.6 lb.

Daily checks

The cushion needs minimal maintenance.

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

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').

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

Using the cushion

The cushion has been designed to be used with the outer cover for maximum efficiency and cannot be used without the cover temporarily, even when the cover is in the wash.

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.

The Pressure Clinic
Tel: 01722 429291

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.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download the 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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It is at the discretion of your cushion supplier if a spare outer cover is provided.

If the protective cover becomes damaged, it must be replaced. If this happens you must contact your wheelchair service or your cushion supplier immediately.

It is vital that the cushion is placed the correct way round (not back to front or upside down) inside the outer cover.

The outer cover has a descriptive label on the side of the cover and a raised contoured shape at the front to help you correctly position it before use.

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 puncture the outer cover.

Never leave your cushion close to a naked flame or exposed to extremes of temperatures.

Placing the complete assembled cushion the wrong way can cause significant skin damage. The cushion has a raised contoured shape at the front to help you position it correctly. The outer cover has a handle at the front and a zipper at the back.

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

Cleaning your cushion

The outer cover can be removed easily and machine washed on a 60°C wash cycle with household detergent, and air dried. To prevent shrinkage **do not tumble dry the cover.**

To maintain the life-span and prevent damage to the outer cover, do not use bleach, alcohol or oil-based products. Washing instructions can be found on the label of the outer cover.

The foam can be cleaned with a damp cloth and normal household detergent and wiped dry. Do not immerse the foam cushion (with or without protective covers) into water.

Dry the cushion in open air, but not 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 absorbant and it cannot be cleaned. Contact your wheelchair service or cushion provider for a replacement.

Pressure relief

When using this cushion you may to carry out pressure relief. 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 side to side or forward and then back. If possible relieve the pressure every 20 minutes for 20 seconds.

Skin

Check your skin for any skin damage before getting into your wheelchair and on going back to bed. When in bed, if you have any red or pink marks on your skin, you 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 should check your skin as often as possible when you get a new one.

Life expectancy of the cushion and how to replace it

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

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.

How can the Pressure Clinic help?

We are available by telephone for advice. When you see your consultant at your Outpatient appointment you will come to the Pressure Clinic.

If you want additional appointments to be seen in the Pressure Clinic please contact us.

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.

Pressure Clinic: 01722 429291

Please remember that this hand-out is only to be used as a guide and 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.