

ROHO Enhancer Cushion (1 of 5)

Why do I need a ROHO 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 ROHO Enhancer Cushion.

There are different types of ROHO cushions available, all are similar in construction.

The ROHO Enhancer is an air filled pressure relieving equipment constructed from Neoprene rubber. The cushion consists of variable air cell heights (to promote lower body positioning) which are independently adjusted by 2 separate air valves at the front of the cushion, on the left hand side.



The cushion provides stability and good weight distribution and makes sure that you are positioned correctly with good support.

Accessories e.g. a contoured base and a fluid resistant heavy duty outer cover can be used with this cushion. We recommend that you are assessed correctly for their use as these can increase the interface pressure to your seating bones / increasing the risk of pressure ulcer development.



Due to variations in the range of ROHO cushions it is best not to use a different type of ROHO cushion until you have been assessed for it's use. Please contact the staff at the Pressure Clinic who will be able to help.

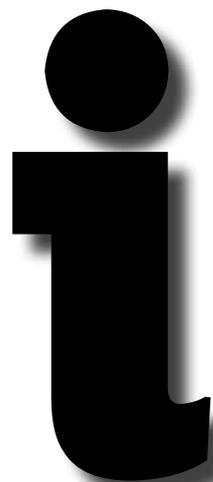
Before use

The cushion is supplied in a box which you should keep as you may need to return the cushion if there are any problems with it.

Hold the cushion by the edges or by the tag, not the cells as these can easily be punctured or existing repairs can be weakened. Do not carry the cushion by any of the air valves.

A ROHO pump and a puncture repair kit should be provided. Do not use

Pressure Clinic
Telephone : 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: 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.

Name: Matt Fiddy
Role: Outpatient Technician
Date written: December 2005
Review date: April 2021
Version: 4.1
Code: PI0109

any other type of pump as this will damage your cushion.

If you have an allergic reaction to the rubber of the ROHO cushion, it is advisable to use an official ROHO outer cover at all times. An outer cover will increase the surface pressure on your skin, because it constricts the air cells inside the cover. Your cushion will need readjusting and hand tested after an outer cover is fitted.

Always check your skin for any signs of skin marking if using an outer cover.

Always replace worn or damaged covers. Replacement covers are available from your wheelchair service or the supplier of your cushion.

Daily Checks

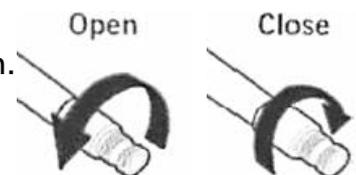
You need to check the cushion every day.

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

It is best not to wear a watch or rings with stones when checking the cushion as these can puncture the air cells. Long finger nails can also cause punctures.

If used remove the cover and check it for damage. Then make sure the cushion is still inflated and there are no punctures. (If you find a puncture you should use the puncture repair kit which is explained later).

Check that the air valves is tightly closed and secured to the cushion. To open an air valve, hold it with one hand and turn the valve anti-clockwise. To close it, turn the valve clockwise.



Check that nothing has dropped down between the air cells.

Check the base of the air cells for signs of deterioration including discoloured patches or cracks in the rubber.

If used, check that the Contour base is inserted correctly underneath the cushion inside the outer cover.

Adjusting the cushion

The cushion must be adjusted to suit you. You should sit suspended "in" the cushion and not "on" top of it.

You must be confident in directing others on how to set and hand test cushion adjustments correctly. You may be put at risk if you allow untrained professionals, family or carers to adjust the air valve or reset the cushion.

The outer valve controls the smaller height air cells (inner area) whilst the inner valve controls the larger height cells (outer area) of the cushion. Always adjust the smaller height inner cells first before adjusting the larger outer cells .

This can lead to confusion when adjusting, and the cushion should be checked (by hand testing) after each adjustment of both air valves.

Check that the cushion is correctly inflated by hand testing as you have been shown. The

Pressure Clinic

Telephone : 01722 429291

cushion works best when there is ½ to 1 inch of air between the cushion base and the lowest bony part of your bottom.

For a visual guide on how to set your cushion please refer to the following websites: https://permobilus.com/wp-content/uploads/2016/12/One-Page-Adjustment-Instructions-06_14-1.pdf For patients admitted at the Spinal Centre, all types of ROHO cushions should only be adjusted by the Pressure Clinic staff. If in doubt please contact the Pressure Clinic on ext. 4291, and do not use it until the matter has been resolved.

If you have any queries about adjusting your ROHO Enhancer cushion you can contact the Pressure Clinic or your local wheelchair service for advice.

You may get skin marking and pressure ulcers if the cushion is not inflated properly.

Using the cushion

Do not store items under or to the side of your cushion as this could create a higher seating pressure. Sharp objects may puncture the air cells. Should this happen you must contact your wheelchair service or your cushion supplier immediately.

It is essential that you place the ROHO Enhancer cushion the correct way round on your wheelchair. The main air valves should be visible at the front of the cushion to make it accessible when adjusting the cushion.

If using an outer cover ensure that the cushion is inserted the correct way inside the cover (and not back to front or upside down). The zipper must be placed at the back, with both the air valves still visible outside of the cover at the front.

A heavy duty outer cover has the zipper at the front for accessibility of the main air valves. Placing the complete assembled cushion the wrong way round can cause significant skin damage.

The contour base can only be used with an outer cover.

The cushion user must be aware of other factors that can cause punctures. These include:

- Hot cigarette ash / cigarette lighters
- Pets e.g. cats / dogs
- Keys kept under or around the cushion
- Sharp objects

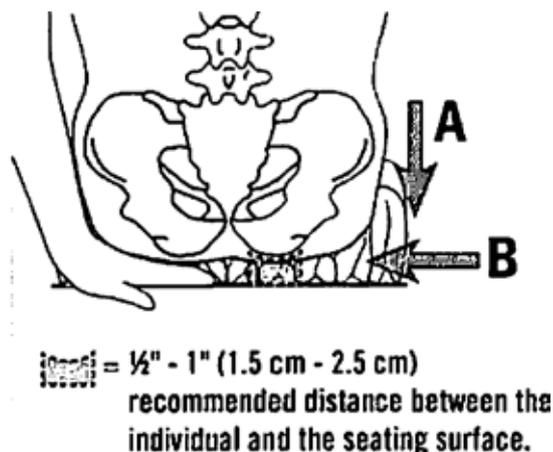
Exposing the ROHO cushion to extreme heat, such as direct sunlight or open fires / radiators can perish the rubber of the cushion.

There is no maximum user weight for these types of cushions.

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

Pressure Clinic

Telephone : 01722 429291



Cleaning your cushion

Clean the cushion with warm water and detergent, (the valves must be closed when cleaning).

You need to make sure that areas between the cells are clean.

Do not use strong substances such as bleach / alcohol based products or lotions when cleaning any part of your cushion.

Be careful when wiping dry between the air cells as any repair patches may become dislodged from the cells. If possible always allow it to dry naturally.

The contour base can be washed with warm water and detergent and wiped dry.

The outer cover can be machine washed on a 40°C wash cycle with mild detergent.

It should be drip dried or tumble dried on a cool setting to prevent shrinkage. Washing instructions are on the label.

Punctures

If you suspect a puncture or your cushion is deflated, over inflate the cushion and place into water, with all valves closed, to find and repair the puncture.

If your cushion has a puncture, do not sit on it until it has been repaired. You are likely to develop skin ulcers if you sit on a punctured cushion.

If you need more patches or glue, or cannot repair the puncture, contact wheelchair services.

General information about the cushion

No latex has been used in making this product.

Travelling in an aeroplane will effect the pressure within the ROHO cushion, and over inflate the air cells. You may need to let a little air out before take off. Always reset your cushion as soon as possible after landing.

This cushion must not be placed on a car seat, as sudden or sharp braking may cause you to slide off your cushion. The cushion will not maintain your balance when going round corners.

If you are travelling in your chair, when in a vehicle, always ensure that you are secured correctly with a harness.

Do not use an alternative cover on the cushion e.g. a pillow case, as this will effect the efficiency of the cushion, and can cause skin marking.

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

Pressure Clinic

Telephone : 01722 429291

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.

You should 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 will 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 need to check you skin as often as possible when you get a new one.

Life expectancy of the cushion and how to replace it.

The ROHO Enhancer cushion should last between 3-5 years, or longer if looked after and maintained properly, but this can vary depending on your weight and how active you are.

The cushion is guaranteed for 3 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 will be able to help.

How can 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.

Pressure Clinic – Telephone : 01722 429291

Please remember that this hand-out 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.