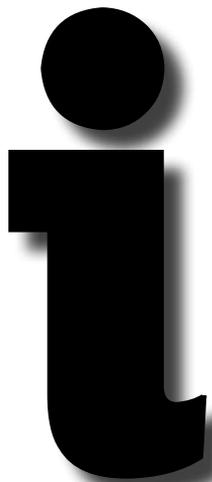


# **The Roho Hybrid ELITE cushion** (page 1 of 5)



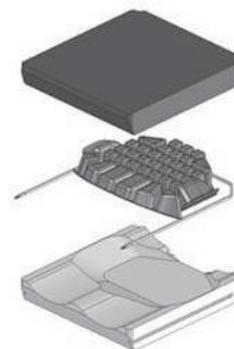
## **Why do I need a Roho Hybrid ELITE cushion?**

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 Hybrid ELITE Cushion**

The cushion is made up of three main parts:

- a moulded foam base.
- an air filled ROHO insert, adjusted by an air valve at the front of the cushion. This is secured by Velcro strips on top of the foam base.
- an outer cover for protection and handling of the cushion.



Accessories e.g. a solid seat insert or a wooden planer base may be used with this type of cushion.

A dual valve compartment insert is also available for improved side-to-side support.

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

### **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.

A ROHO pump should be included with your cushion. Do not use any other type of pump as this will damage the cushion.

A puncture repair kit is also included. You can get more patches and glue from wheelchair services when you need them.

The cushion must only be used with the cover provided and it cannot be used without it. If it is damaged or worn you will need to get a new one from your wheelchair service.

Always hold the cushion by then handle at the front or by the base. Do not carry it by the air valve(s).

### **Daily checks**

You need to check the cushion every day.

**Spinal Unit Pressure Clinic**  
**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](mailto: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](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

If someone else is doing this for you, you will need 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.

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 on later).

Check the foam base for wear or change of shape.

Check that the air valve is tightly closed. If you need to close the air valve, hold the bottom of the valve with one hand and turn the valve clockwise with your other hand.

Check that nothing has dropped down between the air cells.

If a support base is used i.e. a solid seat insert (SSI) or wooden Planer Base, insert it correctly into the outer cover, underneath the foam base.

The SSI / Planer Base are designed to promote the lifespan of cushion and overall posture by minimising the sagging of the foam base when the cushion is used on foldable wheelchair bases.

The support base must be removed if used on a flat base as it can increase the interface pressure to your seating bones, promoting skin damage.

The air insert / foam base and SSI and Planer Base are labelled Front / back to aid with assembly.

## Adjusting the cushion

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

Check that the cushion is correctly inflated by hand testing as you have been shown. The cushion works best when there is ½ to 1 inch of air between the foam base and the bony part of your bottom.

If your cushion has a dual valve compartment insert, always adjust the side with the lowest bony prominence first.

To open the air valve, hold it with one hand and turn the valve anti-clockwise. To close it, turn the valve clockwise.

For a visual guide on how to set your cushion please refer to the following website: [http://www.therohogroup.com/proper\\_adjustment.jsp](http://www.therohogroup.com/proper_adjustment.jsp)

For patients admitted to 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 your cushion until the matter has been resolved.

If you have any queries about adjusting your ROHO Hybrid Elite 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

Once you have finished checking or cleaning the cushion, you will need to put it back together carefully. There are labels on the foam base and on the insert to help you with this.

The insert should sit in the middle of the well in the foam base, with the tubes running along the side and sticking out at the front.

When the Velcro tapes match up, press down firmly on them to keep the insert secure. The well section of the foam base should be completely covered by the air insert.

The cushion has been designed to be used with an outer cover. Do not mobilise without the outer cover. We advise you not to place 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.

It is at the discretion of your cushion supplier if a spare outer cover is provided.

When the foam base is inside the cover, the ROHO insert should be at the zippered end of the outer cover. The cushion can then be placed on the wheelchair with the carry handle and air valves visible at the front, labels at the sides and base and zippers at the back.

It is very important that all the parts are put together correctly and that the cushion is the right way round.

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 air insert. Should this happen you must contact your wheelchair service or your cushion supplier immediately.

## Cleaning your cushion

The outer cover can be machine washed on a 40<sup>o</sup>c wash cycle with mild detergent. Do not use bleach. It should be drip dried or tumble dried on a cool setting to prevent shrinkage. Washing instructions are on the label.

You need to separate the air insert carefully from the foam base before you can clean them.

The air insert can be cleaned with warm water and detergent. You need to make sure that areas between the cells are clean.

The foam base should only be wiped with a damp cloth - never use soap or detergent. Do not put the foam base in water. Always allow it to dry naturally. If the base becomes soiled due to incontinence it must be replaced. It cannot be cleaned. Contact wheelchair services for a replacement.

Do not use strong substances such as bleach, alcohol products or oil based lotions when cleaning your cushion.

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

## Pressure relief

You may need to carry out pressure relief on this cushion. If you are not sure whether you need

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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

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 your skin as often as possible when you get a new one.

## Punctures

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

A puncture repair kit with repair instructions is provided with the 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 affect the cushion, which will become over-inflated. You may need to let a little air out before take off and reset it again after landing.
- the cushion is guaranteed from manufacturing defects for 3 years.
- cushions generally last for between 2 to 3 years but this depends on your weight and how active you are.
- when you need to repair or replace the cushion, contact the local wheelchair service or supplier. You can contact the Pressure Clinic for contact details.

## The Pressure Clinic

You will attend the Pressure Clinic during the appointment with your consultant but you can arrange for extra appointments in the clinic if you want to.

You can also contact us for advice or information on pressure care. We can also provide addresses and telephone numbers of local wheelchair services as well as sales representatives for cushions. The Pressure Clinic telephone number is 01722 429291.

Please remember that this hand-out is only to be used as a guide. Each person needs to be assessed for their own cushion. When you have your own cushion, you must still check your skin and attend the clinic for assessment.