The Keys To Heel Pressure Ulcer Prevention

A recent series of surveys\(^1\) covering a variety of wound care professionals found conclusively that the keys to preventing heel pressure ulcers in patients are:

- an established and reliable heel pressure ulcer prevention protocol
- a proven, heel off-loading device for pressure ulcer relief

With the annual cost of treating nosocomial pressure ulcers estimate to be $2.2 to $3.6 billion per year\(^2\), there is an increased emphasis on preventing hospital-acquired pressure ulcers, making this information both timely and critical.

To view the data from this survey, or the summaries of the aforementioned studies, please visit our Resource Center at www.heelift.com.

THE SURVEYS REVEALED:

**Pressure Ulcer Protocols Used At Most Facilities**

Almost 2/3 of the 334 respondents reported that they have a formal heel pressure ulcer protocol at their facility.

64% Have a formal protocol  
36% Do NOT have a formal protocol

**Heel Off-Loading Device Preferred 6-1 Over Pillows**

Of those respondents whose facilities have a formal heel pressure ulcer protocol, 54% use a heel off-loading device like Heelift\(^\circ\), while only 9% use pillows.

54% Use a heel off-loading device  
9% Use pillows

**Pressure Ulcer Protocols 70% More Effective**

Of those respondents whose facilities have a formal heel pressure ulcer protocol, 53% saw no increase in pressure ulcers, while among those without a protocol, only 31% saw no increase.

53% With formal protocol saw no pressure ulcer increase  
31% Without formal protocol saw no pressure ulcer increase

**Of those respondents** who reported NO INCREASE in heel pressure ulcers in their facility, 72% used a heel pressure ulcer prevention protocol. This once again proves the importance of using a professional heel off-loading device like Heelift\(^\circ\) Suspension Boot within the framework of a formal pressure ulcer protocol.

**In Conclusion,** your own responses confirmed what recent clinical studies\(^3\) have shown: an effective heel pressure ulcer prevention protocol, together with a reliable heel off-loading device like Heelift\(^\circ\) Suspension Boot, can aid in the prevention of dangerous and expensive heel pressure ulcers.


---

\(^1\) Surveys were completed by 334 registered attendees of three separate wound care conferences throughout 2008. Respondents worked in a variety of facility types including hospitals, wound care clinics, and nursing homes.


\(^3\) McInerney J. Reducing Hospital-Acquired Pressure Ulcer Prevalence Through a Focused Prevention Program. Advances in Skin & Wound Care, 21(2): 75-8, February 2008.