

# The Keys To Heel Pressure Ulcer Prevention

A recent series of surveys<sup>1</sup> 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<sup>2</sup>, 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](http://www.heelift.com).



**A professional off-loading device like Heelift® Suspension Boot plays a key role in heel pressure ulcer prevention.**

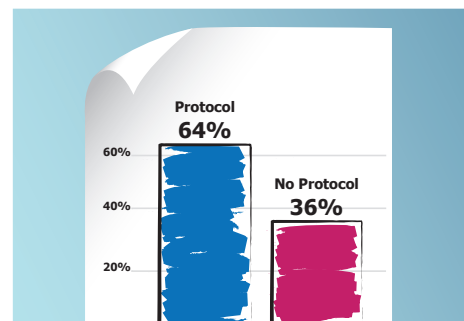


## THE SURVEYS REVEALED:

### • 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.

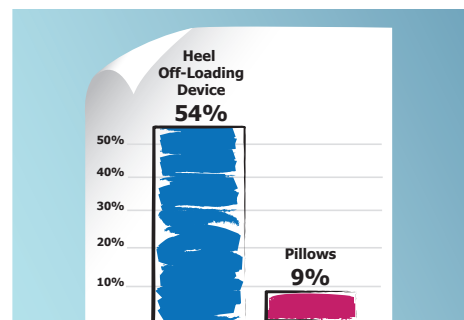
- 64% Have a formal protocol
- 36% Do NOT have a formal protocol



### • 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®, while only 9% use pillows.

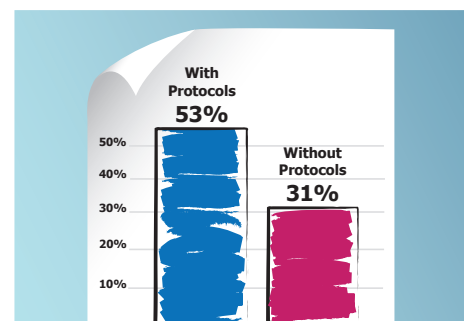
- 54% Use a heel off-loading device
- 9% Use pillows



### • 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® Suspension Boot within the framework of a formal pressure ulcer protocol.

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

**Complete survey results and cited clinical studies available at our Resource Center at [www.heelift.com](http://www.heelift.com).**

<sup>1</sup> 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.  
<sup>2</sup> Langemo D, Thompson P, et al. Heel Pressure Ulcers: Stand Guard. *Advances in Skin & Wound Care*, 21(6):282-92, June 2008.  
<sup>3</sup> McInerney J. Reducing Hospital-Acquired Pressure Ulcer Prevalence Through a Focused Prevention Program. *Advances in Skin & Wound Care*, 21(2): 75-8, February 2008.



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