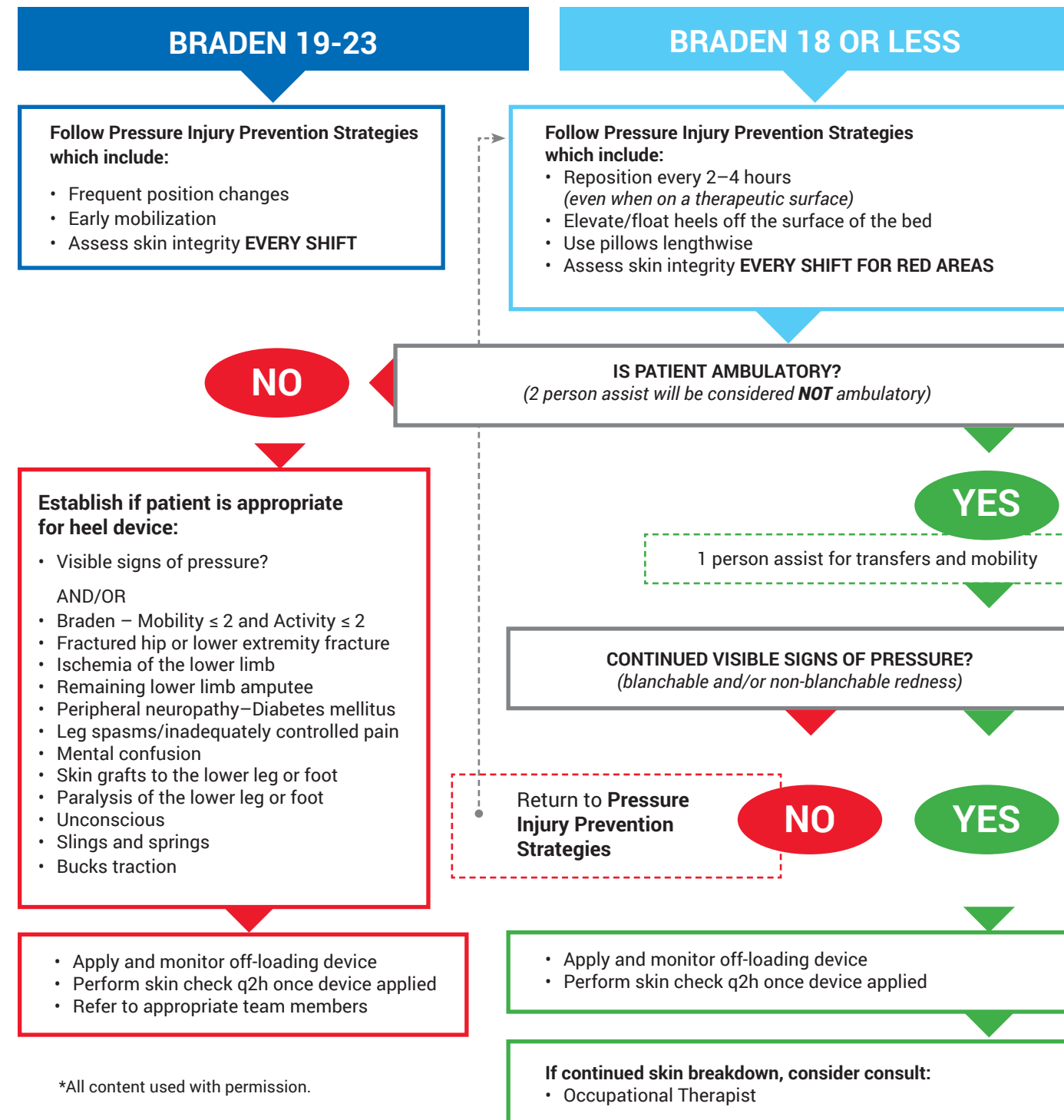


# Assessing the Patient Who is at Risk for Heel Pressure Injury

## Complete Braden Scale



## Heel Off-loading Algorithm

### Routine Pressure Injury Prevention Strategies:

- Encourage adequate repositioning q2 hours
- Inspect skin for areas of pressure per shift
- Apply alcohol free moisturizer to skin if skin is dry and cracking
- Encourage adequate fluid intake
- Promote good nutrition

### To Prevent Heel Pressure Injuries:

- Elevate/float heels off the surface of the bed
- Use pillows lengthwise along legs to distribute weight and knees slightly flexed to avoid hyperextension
- Hyperextension may cause obstruction of the popliteal vein, which could predispose a patient to deep vein thrombosis
- Heel elevation in bed is especially important for patients with diabetes mellitus, peripheral vascular disease, neuropathy and during and following surgery
- Do not use rolled blankets, towels, or pillow cases, incontinent pads or IV bags to elevate heels



National Pressure Advisory Panel, European Pressure Ulcer Advisor Panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers: Clinical Practice Guideline. Emily Haesler (ED). Cambridge Media: Perth, Australia; 2014.