EVALUATION OF A NEW HEEL PROTECTING SYSTEM IN PREVENTION OF PRESSURE ULCERS

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AIM

Heel ulcers are the second most common pressure ulcers. They are painful and can lead to serious complications. Pressure ulcers are a result of tissue damage due to inadequate tissue perfusion. Although these ulcers are very common, currently available literature provides limited evidence about optimal heel pressure ulcer prevention and care. Prevention and treatment starts with offloading. Studies are showing that different heel offloading devices are provided with different results. A new air-based device (Heel Protector – Maxxcare) pretends to be effective in preventing and treating heel pressure ulcers. Informal contacts with colleagues in the Netherlands who experienced positive results where the reason to collect some data in a little case study.

METHOD

Patients with pressure ulcers have been treated with the best clinical practice for local wound care (according to the TIME principles).
In prevention of pressure ulcers, they where nursed with an alternating mattress, which could not always prevent the occurrence of heel ulcers.
A new air-based heel offloading device has been used to prevent deterioration and to stimulate wound healing.
An observational review of 10 cases has been used to evaluate the effect of this new system.

COMMENTS ON A PHOTO DOCUMENTED CASE

1. Man age: 65 years, known arterial insufficiency, immobilisation due to hip fracture ; heel pressure ulcer grade 4
2. Use of alternating mattress since 3 weeks; now start with Heel Protector (Maxxcare)
3. Local wound treatment among the guidelines (TIME principles); sharp debridement of necrotic tissue
4. Granulating wound aspect; Comfortable pressure protecting system (less pain and good fixation)
5. Combination with super absorbing dressing (DryMax); Significant start of epithelialization process at the wound edges
6. We note an improvement in the wound evolution

RESULT

In all the cases, we could observe an improvement of the wound healing process. Some cases leaded to quick and total wound healing in a short period. The photos are illustrating the use and the effect of this new heel protecting system.

CONCLUSION

Since we know that air-based offloading systems are most effective in pressure ulcer policy, it seems to be obvious to use this principle in heel pressure protectors. Prospective randomized studies are needed to support the validity of this little case study.