

ARE PILLOWS REALLY HELPING YOUR PATIENTS?

Heels are the second most common site for pressure ulcers.²



PILLOWS ARE NOT RECOMMENDED FOR PATIENTS AT RISK FOR FOOT DROP.

- ⊕ According to clinicians, “the best heel-pressure-reducing products separate and protect the ankles, maintain heel suspension, and prevent foot drop.”³

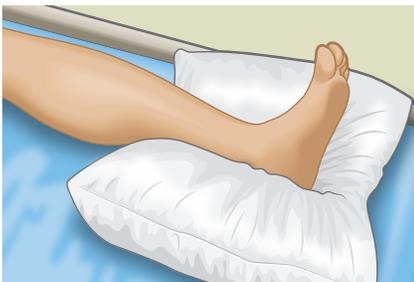
Patients at risk for foot drop require support to keep their feet at a right angle to their legs. Pillows do not provide support.



PILLOWS CAN'T SUPPORT PATIENTS WHO MOVE FREQUENTLY.

- ⊕ Experts advise products that stay on the foot when the patient is at risk for moving his leg or if you need to elevate the leg for more than a few days.³

It's unrealistic to expect patients to keep their calf and heel positioned correctly on a pillow for any length of time.



PILLOWS CAN CAUSE HEELS TO BOTTOM OUT.

- ⊕ The European Pressure Ulcer Advisory Panel recommends: “ensure that the heels are free of the surface of the bed.”⁴

Ideally, heels should be free of all pressure.² When the pillow is too soft, it causes the heel to rest at the same level as the mattress without any support.

Medline offers heel protection product options. Contact your Medline representative at +44 844 334 5237.

1. <http://www.nhs.uk/improvement-programmes/patient-safety/pressure-ulcers.aspx>. Accessed February 8, 2016. 2. Fowler E, Scott-Williams S, McGuire JB. Practice recommendations for preventing heel pressure ulcers. *Ostomy Wound Management*. 2008;54(10):42-57. 3. Black J. Preventing heel pressure ulcers. *Nursing*. 2004; 34(11): 17. Available at: http://journals.lww.com/nursing/Citation/2004/11000/Preventing_heel_pressure_ulcers.12.aspx. Accessed November 18, 2015. 4. National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel and Pan Pacific Pressure Injury Alliance. *Prevention and Treatment of Pressure Ulcers: Quick Reference Guide*. Emily Haesler (Ed.). Cambridge Media: Perth, Australia; 2014. Available at: <http://www.epuap.org/wp-content/uploads/2010/10/Quick-Reference-Guide-DIGITAL-NPUAP-EPUAP-PPPIA-16Oct2014.pdf>. Accessed February 8, 2016. ML437-EN01/SS 03/2016.