

POLICY TITLE: Prevalon™ Pressure-Relieving Heel Protector form Comfort Personal Cleansing	
DEPARTMENTS:	CODE #
ORIGINAL DATE:	PAGE 1 OF 2
DATE APPROVED/REVISED:	APPROVED BY:
DATE REVIEWED:	TITLE:

POLICY:

The Prevalon Pressure-Relieving Heel Protector (boot) will be used on all patients who are at risk for developing heel pressure ulcers and foot drop.

PURPOSE:

To help prevent pressure ulcers on the heel by maintaining heel suspension and to help prevent foot drop by maintaining the upright position of the foot.

RISK FACTORS/CONDITIONS:

For Heel Ulcers:

- Expected immobility > 6-8 hours
- Inability to move legs
- Numbness of legs
- Arteriosclerosis of leg (absent pulse, hair)
- Low Braden mobility/activity score

For Foot Drop:

- Stroke
- Spinal cord or head injury
- Peroneal injury
- Leg compartment syndrome
- Leg trauma

ARTICLES NEEDED:

#7300-X Prevalon Pressure-Relieving Heel Protector (1 per foot)

PROCEDURE:

1. **Follow skin care procedures for assessment, cleansing, moisturizing and treatment of the heel and foot.**
 - a. Remove the Prevalon Pressure-Relieving Heel Protector every shift and inspect the patient's skin.
 - b. Cleanse and moisturize the skin daily.

2. Putting Prevalon on the Patient

- a. Start with Prevalon inside out so that the soft, gray lining is facing out.
- b. Place the boot on the bed with the long side next to your patient's leg. Make sure the soft, gray lining is facing up, away from the mattress.

- c. Carefully lift the leg and position the heel over the opening. Support the knee to prevent hyperextension.
- d. With the heel resting in the opening, pull the boot's sides up and around the foot, ankle and lower leg. Make sure each side is pulled up completely to properly seat the heel, ankle and lower leg.
- e. Pull the fabric stretch panel up and over the toes and foot.
- f. Attach the stretch panels to the boot's sides starting with the wide black panel and then the white panel.
- g. Adjust the stretch panels, including the narrow black panel attached to the sides of the foot, for a secure fit. DO NOT overtighten.
- h. Check by looking or feeling to make sure the heel is floated in the opening at the bottom of the boot. If it is not, reposition the heel and readjust the stretch panels.
- i. Use a pillow or cushioning to support the leg(s) for additional comfort and positioning.

3. Using Prevalon with a Deep Vein Thrombosis (DVT) Compression Device.

- a. Put the DVT compression device on the patient.
- b. Follow steps (a) through (e) as explained above.
- c. Before attaching the stretch panels to Prevalon's sides, feed the tubing through the opening of the wide black stretch panel.
- d. Attach the stretch panels to Prevalon's sides starting with the wide black panel and then the white panel.
- e. Make sure the tubing is not kinked or compressed against the patient's skin.
- f. Adjust the stretch panels, including the narrow black panel attached to the sides of the foot, for a secure fit. DO NOT overtighten.
- g. Check by looking or feeling to make sure the heel is floated in the opening at the bottom of the boot. If it is not, reposition the heel and readjust the stretch panels.

4. Removing Prevalon from the Patient.

- a. Detach the stretch panels starting with the wide black panel covering the shin.
- b. Detach the white panel covering the ankle.
- c. Leaving the narrow black panel attached, pull the stretch panels up over the foot and toes.
- d. Remove the boot from under your patient and turn inside out.

5. Documentation:

- a. Document completion of the procedure on the appropriate form.