

HEEL RELIEF: NURSING CONSIDERATIONS

MEPILEX HEEL DRESSING + PILLOWS

Consider the following:

- Temporary Braden score 18 or less (i.e. post procedure)
- Alert patient with low Braden
- Patient refuses heel lift boot
- Heel friction is a potential problem (i.e. agitated, restless leg syndrome)



* Place 1 pillow longitudinally along the length of each calf

HEEL LIFT BOOT

Consider the following:

- Braden score 18 or less
- Decreased LOC
- Immobility especially with:
 - ◇ Lower extremity orthopedic surgery
 - ◇ Neurological disease/CVA/neuropathy
 - ◇ Spinal cord injury/contractures



* Diabetes or vascular impairment places your patient at higher risk for developing heel pressure injuries

* Consider bariatric heel lift boot if your patient is using bariatric bed or bariatric TAP system.

HEEL DRESSING

+

HEEL LIFT BOOT

(Mepilex or prescribed dressing)

- Existing or new heel or foot pressure injury or wound
- If no prescribed wound dressing apply Mepilex heel foam

