

## EDUCATE...

### ...the patient about the importance of:

- Frequent small movements
- Avoiding rubbing their heels on the sheets
- Pressure reduction at the heel

### ...staff about:

- Selecting the right equipment
- Correctly positioning legs / heels
- Using the paper test to ensure the heels are floated
- Articulating the bed frame correctly
- Ensuring the feet are not pressed against the bed end
- Keeping the skin clean and well hydrated



## REFER...

- To Tissue Viability Nurse for assessment for additional equipment.
- Podiatry for further assessment, management of callous, assistance with off loading
- Vascular surgeon as appropriate.



# Don't leave it until LATER

Look. Ask. Test. Educate. Refer.

## Prevention of heel ulcers



**Direct Healthcare Services**  
Delivering the Promise

Developed in conjunction with the



**WELSH WOUND INNOVATION**  
ARLOESDD CLWYFAU CYMRU



## EDUCATE...

### ...the patient about the importance of:

- Frequent small movements
- Avoiding rubbing their heels on the sheets
- Pressure reduction at the heel

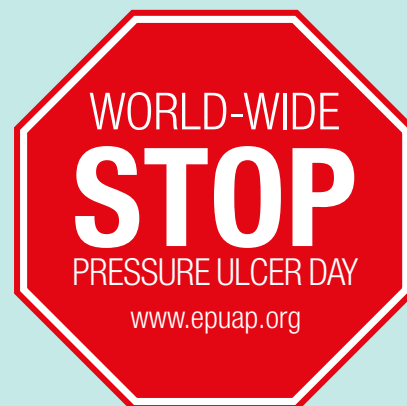
### ...staff about:

- Selecting the right equipment
- Correctly positioning legs / heels
- Using the paper test to ensure the heels are floated
- Articulating the bed frame correctly
- Ensuring the feet are not pressed against the bed end
- Keeping the skin clean and well hydrated



## REFER...

- To Tissue Viability Nurse for assessment for additional equipment.
- Podiatry for further assessment, management of callous, assistance with off loading
- Vascular surgeon as appropriate.



# Don't leave it until LATER

Look. Ask. Test. Educate. Refer.

Prevention of heel ulcers



Developed in conjunction with the





## EDUCATE...

### ...the patient about the importance of:

- Frequent small movements
- Avoiding rubbing their heels on the sheets
- Pressure reduction at the heel

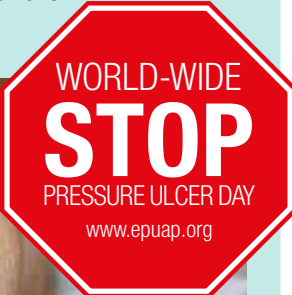
### ...staff about:

- Selecting the right equipment
- Correctly positioning legs / heels
- Using the paper test to ensure the heels are floated
- Articulating the bed frame correctly
- Ensuring the feet are not pressed against the bed end
- Keeping the skin clean and well hydrated



## REFER...

- To Tissue Viability Nurse for assessment for additional equipment.
- Podiatry for further assessment, management of callous, assistance with off loading
- Vascular surgeon as appropriate.



# Don't leave it until LATER

Look. Ask. Test. Educate. Refer.

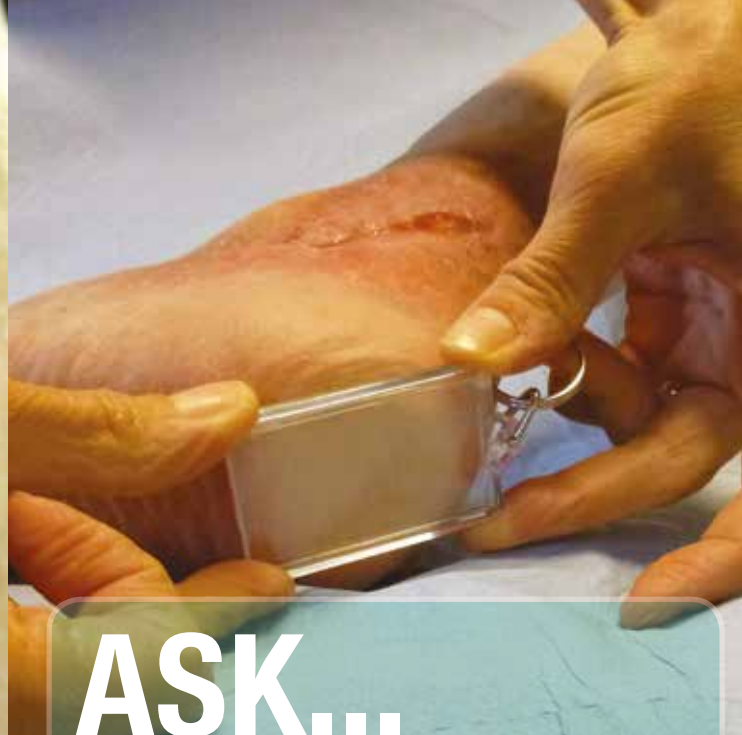
## Prevention of heel ulcers





# LOOK...

- Is the heel red, does it blanch?
- Is the skin dry, dehydrated or cracked?
- Is the skin macerated?
- Is the foot in an at risk position e.g. pressed against the bed end?
- Is the foot dusky / purple or blue?
- Is the contralateral limb immobile?
- Are there obvious bony prominences?



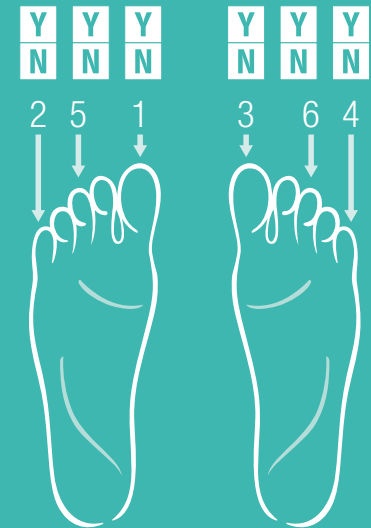
# ASK...

- Can the patient move their own foot?
- Can the patient feel sensation?
- Is there any pain in the lower limb which may limit movement?
- Is the patient diabetic?



# TEST...

- Undertake the Ankle Brachial pressure index to determine adequacy of blood flow
- Use the paper test to see if heels are clear of the support surface
- Position a piece of paper under the heel, float the heel, then pull the paper out, the paper should slide out easily without tearing.
- Check the temperature of the skin
- Use the Ipswich Touch Test to determine if the patient has neuropathy
- Using the index finger touch the tips of the toes following the sequence from 1 – 6 as in the diagram
- The touch must be light and brief (1 -2 seconds), do not press or poke.
- Do not press harder even if the patient can not feel and do not try repeatedly.
- Touch each toe once; if the touch is not felt circle the N on the corresponding position on the diagram, if the touch is felt circle the Y.



Patient's right foot

Patient's left foot

## NORMAL SENSATION

If the patient felt touch on at least 5 toes then the sensation is normal.

[www.diabetes.org.uk/documents/](http://www.diabetes.org.uk/documents/)