

# Prevention and Management of Heel Pressure Ulcers

Patients with a **red** or **amber** pressure ulcer risk status require heel prevention/management.

This can be achieved by offloading the heels in line with the repositioning schedule time frame: 'heels off bed' (HOB) or 'heels off stool' (HOS).

Whilst in bed, pillows should be used to elevate the heels so they are free of the bed surface.

Place a pillow vertically under each lower leg between the knees and the ankle so that the heels are offloaded, so to distribute the weight of the leg along the calf without causing pressure to the popliteal space or Achilles tendon (National Pressure Injury Advisory Panel 2014).

When a patient is positioned in a chair, offloading can be achieved by elevating the heels over a footstool .



Patients with a pressure ulcer to their heel should be referred to Orthotics for an offloading device to be provided.