

Prevention and Management of Heel Pressure Ulcer

Patients assessed as being bed bound or requires hoist transfer as part of their manual handling assessment AND/OR patients assessed as having an Amber or Red pressure ulcer risk status requires heel prevention.

Patients assessed as being bed bound or requires hoist transfer with an Amber or Red pressure ulcer risk status OR with a heel pressure ulcer require heel pros to be used on both feet whenever they are in bed (available on all ward areas).



Patients assessed as requiring hoist transfer as part of their manual handling assessment AND/OR patients assessed as having an Amber or Red pressure ulcer risk status OR with a heel pressure ulcer require to have their heels elevated over a foot stool when sat out in the chair.



Patients that are NOT bed bound or requires hoist transfer but do have an Amber or Red pressure ulcer risk status require to have their heels to be elevated to be free from pressure when in bed by using pillows.

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



Patient with a heel pressure ulcer require a referral to Orthotics for offloading footwear. The type of footwear provided will vary, dependant on the Orthotics assessment.

