

WILL FITTING EVERY PATIENT AT RISK OF PRESSURE DAMAGE TO HEELS WITH A DYNA-TEK® HEEL BOOT PREVENT DAMAGE?

Heather Hodgson, Lead Nurse Tissue Viability Acute and Partnerships, Greater Glasgow and Clyde, Margaret MacDiarmid TVN
Contact: heather.hodgson@ggc.scot.nhs.uk

Introduction

It is well recognised that elderly patients who require a surgical orthopaedic intervention pose a greater risk of developing pressure damage on their heels. This is recognised as being a national issue in Scotland. In an orthopaedic unit in a major Scottish hospital the incidence of hospital acquired heel damage was considered too high by the tissue viability team, therefore the tissue viability service decided to implement a pathway to address this.

Method

A pathway was developed in an emergency receiving orthopaedic ward in a Scottish hospital whereby every patient at risk of pressure damage was fitted with a pair of Dyna-Tek® Heel Boots (Direct Healthcare Services) a simple-to-use solution that can help reduce the risk of pressure ulcers developing on the vulnerable heel area. Suitable for patients evaluated to be at 'High Risk' of developing pressure damage, the Dyna-Tek® Heel Boot has been designed to offer patients comfortable and effective pressure redistribution.

Lightweight, soft and yet very durable, the Dyna-Tek® Heel Boot is also an economical preventative solution, especially when weighed against the significant costs that can be incurred in relation to pressure ulcer treatment. The Dyna-Tek® Heel Boot is a single patient use product that can remain in place for up to 28 days.

Results

- ✓ NO HOSPITAL ACQUIRED HEEL DAMAGE IN A 50 PATIENT EVALUATION
- ✓ 93% COST SAVINGS FOR PRESSURE RELIEVING EQUIPMENT FOR THE STUDY GROUP

Staff Feedback

Overall the product found to be satisfactory for majority of patients. Further Feedback:

- Difficulty in keeping in place for patients who were very restless.
- For patients who had gross oedema to feet, indentations on skin occurred due to the shape of the foam and from the strap.
- Not as robust as alternative product for patients who were restless and rubbed feet up and down on bed.
- Foam broke up when frequent rubbing by patient movement, but for most of patients they lasted for time required.
- Would have liked strap to have padding on it.
- Found patients feet to be less sweaty or hot than with use of alternative product, thought this may be due to shape of foam.
- Easy to apply.
- Patients could remove them easily, easier than alternative product (this could be a positive and a negative).
- Ok for most patients.



Dyna-Tek® Heel Boot
Direct Healthcare Services

Conclusion

Dyna-Tek® Heel Boots were well tolerated by patients and patients found them comfortable to wear. Staff found them easy to apply and effective however if a patient is particularly agitated the boots become damaged and needing replacing, nevertheless in these instances patients did not suffer any damage.

Clinical outcome and cost effective care forms the conclusion that Dyna-Tek® Heel Boots should be considered as first line prevention of hospital acquired pressure damage in high risk, vulnerable patients, however care should be taken when using on patients with oedema or foot swelling and they may need replacing more frequently in agitated patients.