

# DEAL WITH HEELS

Heels are the Second most common area of pressure damage

- **D**ermal pads only if unable to elevate (pressure reduction)
- **E**levate and reposition
- **A**nti-embolic stockings removed (check skin)
- **L**ook under devices (casts/ splints etc)
- **W**atch and act (**REACT TO RED SKIN**)
- **I**s everything in place for prevention
- **T**wo to four hourly repositioning
- **H**igh risk patients – PVD, Diabetic, Oedema, #NOF
- **H**igh risk – mattress needed
- **E**ducate patients and staff
- **E**nsure 2 slide sheets to reposition
- **L**eg troughs or pillows to elevate (pressure relief)
- **S**kin assess daily and risk assess weekly

