

Care home surface selection guide- using Waterlow risk assessment

Select one mattress indicator score from section 1, 2 and 3 and add together

1. Waterlow score		2. Dependency in bed		3. Pressure points	
0-14	0	Low	0	No pressure ulceration- normal skin	0
15- 20	1	Medium <i>In bed between 16-20 hours Managed/ controlled comorbidities</i>	1	Grade 1/ 2 Moisture lesions Other skin abnormalities in vulnerable areas	1
20 plus	2	High <i>In bed greater than 20 hours Requiring assistance with all care End of life patients unstable comorbidities</i>	2	Multiple grade 2 Grade 2 with other skin abnormalities Grade 3	2
				Multiple grade 3 Grade 3 with other skin abnormalities Grade 4	3
<i>NB: Skin abnormalities definition</i>			<i>Severe oedema Dermatological conditions such as eczema Peripheral arterial obstructive disease</i>		

Surface selection

Surface indicator score + patient weight= correct surface

Reassess every month or if the persons condition changes and step up or down a mattress when indicated

Surface indicator Score	Correct mattress- Check the weight Check specifications of the mattress to adjust the correct mode of action. Check function and record mode of action each time the person is assisted to bed.	Correct Cushion Check seat height and adjust accordingly, to ensure the persons feet can be placed comfortable flat on the floor	Heel protection/ offloading Ensure heels are moisturised to prevent dry skin Ensure suitable footwear is worn when sitting out of bed <i>Select one or more option form below.</i>
0-3	Foam	Foam	Skin protection Film or parafriicta boots if at risk of recurrent movements/ shear and friction Heel troughs
4	High Risk Dynamic/ alternating mode of hydrid mattresses	High spec foam, gel/ alternating/ dry flotation technology eg Roho or Star lock	Heel boots-write date of issue and name on each boot. Discard if faulty or used for 28 days. Pillows from knee to ankle to float heels
4+	Very high risk Dynamic/ alternating modes of hydrid, low air loss		
Caution! Alternating mattresses may be unsuitable for patients with: <ul style="list-style-type: none"> • Spinal cord compression- seek medical advice. • Dementia- Consider low or static mode • Severe oedema- consider low air loss/ or other systems recommended by the tissue viability team 			Caution! Heel devices are for bedbound only. Do not apply devices if: <ul style="list-style-type: none"> • The skin is oedematous • The person moves their legs in bed or attempts to get out of bed

Care home surface selection guide- using Walsall risk assessment

Select one mattress indicator score from section 1, 2 and 3 and add together

1. Waterlow score		2. Dependency in bed		3. Pressure points	
4-9	0	Low	0	No pressure ulceration- normal skin	0
10-14	1	Medium <i>In bed between 16-20 hours Managed/ controlled comorbidities</i>	1	Grade 1/ 2 Moisture lesions Other skin abnormalities in vulnerable areas	1
15+	2	High <i>In bed greater than 20 hours Requiring assistance with all care End of life patients unstable comorbidities</i>	2	Multiple grade 2 Grade 2 with other skin abnormalities Grade 3	2
				Multiple grade 3 Grade 3 with other skin abnormalities Grade 4	3
<i>NB: Skin abnormalities definition</i>			<i>Severe oedema Dermatological conditions such as eczema Peripheral arterial obstructive disease</i>		

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0-3	Foam	Foam	Skin protection on formulary Film or parafriacta boots if at risk of recurrent movements/ shear and friction Heel troughs Heel boots-write date of issue and name on each boot. Discard if faulty or used for 28 days. Pillows from knee to ankle to float heels
4	High Risk Dynamic/ alternating mode of hydrids	High spec foam, gel/ alternating/ dry flotation technology eg Roho or Star lock	
4+	Very high risk Dynamic/ alternating modes of hydrids, low air loss		
Caution! Alternating mattresses may be unsuitable for patients with: <ul style="list-style-type: none"> • Spinal cord compression- seek medical advice. • Dementia- Consider low or static mode • Severe oedema- consider low air loss/ or other systems recommended by the tissue viability team 			Caution! Heel devices are for bedbound only. Do not apply devices if: <ul style="list-style-type: none"> • oedematous • legs move in bed • Person attempts to get out of bed