

# HEEL PROTECTION ALGORITHM

Prevention and Care of Pressure Injury

## IS PATIENT AMBULATORY?

NO

YES

### IS PATIENT AT RISK FOR DEVELOPING A HEEL PRESSURE INJURY?

Does patient have at least 2 of the below co-morbidities?<sup>1</sup>

- Inadequate Nutrition
- Dehydration
- Obesity
- Circulatory Abnormalities
- Immobility
- ≥ Age 60
- Peripheral Vascular Disease
- Inactivity
- Sensory Deficiency
- Diabetes

or

- Braden score of 20 or less. or  Norton score of 16 or less.

<sup>1</sup> Fowler, E., Scott-Williams, S. and McGuire, J. Practice Recommendations for Preventing Heel Pressure Injury. Ostomy Wound Management 2008; 54(10), 2-15.

YES

NO

1. Request Wound Care Consult
2. Implement Heel Pressure Injury Prevention:

- Turn every 2 hours, or follow facility's protocol.
- Perform skin assessment with position changes.
- Use a heel protector.

- Educate patient on positioning and off-loading of heels.
- Refer to Physical Therapy if necessary.



- Continue to monitor patient and evaluate for risks.
- Perform skin assessment based on facility protocol.
- Use pressure redistribution mattress/surface.
- Reposition patient based on facility protocol.



**USE HEELMEDIX® HEEL PROTECTOR**

## HEELMEDIX®



- Total Braden score of 20 or less
  - Mobility score < 3
  - Activity score ≤ 2
  - Friction & Shear score ≤ 2
- or
- Total Norton score of 16 or less
  - Activity score ≤ 2
  - Friction Mobility score ≤ 2

Measure calf circumference for appropriate size.  
See application guidelines on reverse.

PETITE	STANDARD	X-LARGE
5 - 11 inches calf circumference (12.7-27.9 cm)	11 - 19 inches calf circumference (27.9-48.2 cm)	19 - 25 inches calf circumference (48.2-63.5 cm)

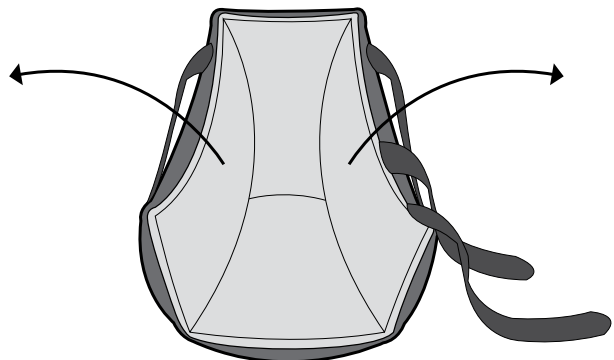
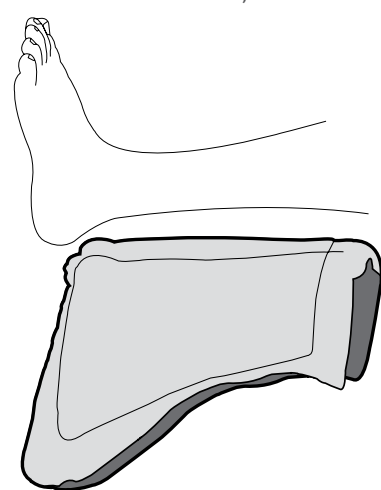
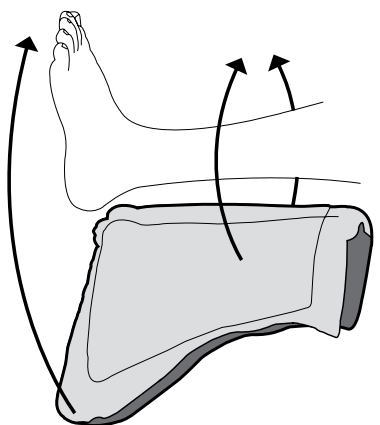
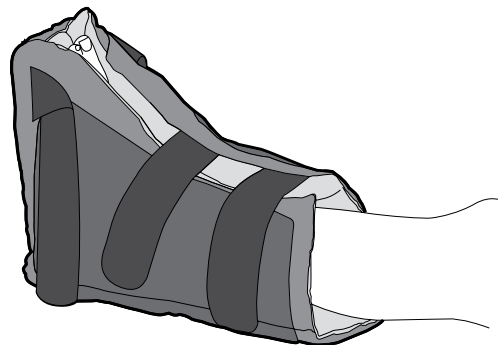
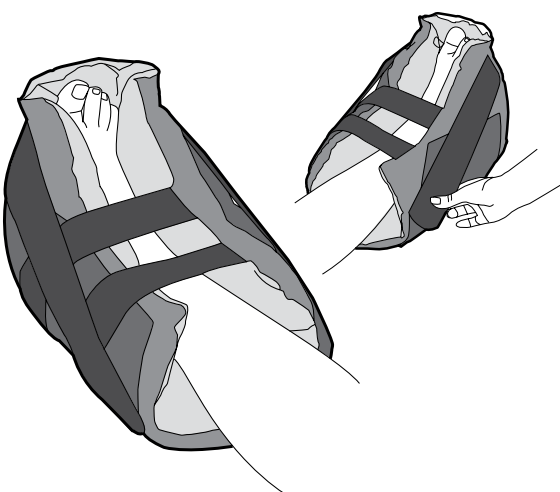
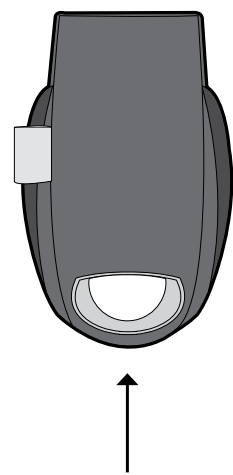
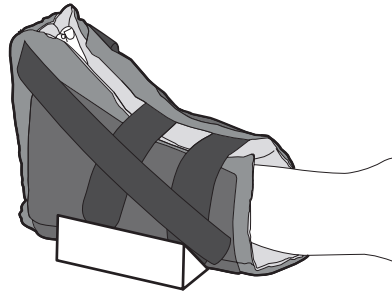
This information is not intended to diagnose any medical condition and is not meant to substitute the advice of a doctor or other medical professionals.

# HOW TO APPLY

Measure calf circumference for appropriate size.

PETITE	STANDARD	X-LARGE
5 - 11 inches	11 - 19 inches	19 - 25 inches
calf circumference (12.7-27.9 cm)	calf circumference (27.9-48.2 cm)	calf circumference (48.2-63.5 cm)

## Inside-Out Application (preferred method)

<p><b>1</b> Open all straps.</p> 	<p><b>2</b> Flip the boot inside out. Place the lower leg on the long side of the boot, with the heel in the hole.</p> 	
<p><b>3</b> Once the heel is properly placed in the hole, flip the sides of the boot up. Make sure that the heel is elevated.</p> 	<p><b>4</b> Cross the two straps furthest from the foot across the leg. Make sure that the straps are not touching the leg.</p> 	
<p><b>5</b> Secure the two additional straps alongside the leg at a slight downward angle.</p> 	<p><b>6</b> Make sure the heel is elevated.</p> 	<p><b>7</b> Apply one or two optional wedges to outside/inside of boot for extra stabilization.</p> 

For step-by-step video, visit [heelmedix.com](http://heelmedix.com)

HEELMEDIX® heel protector is single patient use only. Product is used on patients while in bed to help prevent pressure injuries by offloading the heel. Patient must not walk or stand while wearing the HEELMEDIX heel protector.



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