

# Improving Comfort & Patient Satisfaction with Reactive Air Cushions in the Postpartum Population

Study was conducted at Grandview Medical Center, Birmingham, Alabama

## ● Introduction

While postpartum mothers are not typically a population at high risk for pressure injuries, the clinical staff/Charge Nurse in the mother/baby unit did identify this group as candidates for pain management and effective comfort options. While searching for effective relief for one patient, a **reactive air cushion\*** was suggested.

The resulting comfort the cushion provided along with the upswing in patient satisfaction prompted the unit to begin a product trial with additional new mothers.

## ● Objective

The goal of the quality improvement project was to determine whether implementing the cushion would significantly increase the comfort level in postpartum mothers thereby also increasing patient satisfaction scores.

## ● Methods

- 19 postpartum mothers were given the reactive air cushion to use while in bed or in a seated position
- Each participant was asked to complete a series of five survey questions to evaluate their individual comfort levels

## ● Results

### Cushion Survey

1. How did sitting on the cushion improve your perineal discomfort?
2. When you are sitting, what percentage of that time is spent sitting on the cushion
3. How did the cushion improve patient experience?
4. Were you aware that you can take the cushion with you for use in the car and while at home?
5. Did you know you can also use the cushion between the knees for comfort?

### Product Tried



**Additional Survey Feedback:** Cushion made it easier to sit, move and exit the bed.

### Survey Results



Use of the cushion for perineal discomfort

**All respondents noted pressure relief & comfort**



Percentage of time spent sitting on the cushion

100% – 90%

80% – 60%

50% & Below

11

3

6



Improvement in patient experience

**All respondents noted added comfort and pain relief**



Knowledge of the cushion for car or home

**15 respondents – Yes**

**4 – No**



Knowledge of using of the cushion between the knees

**9 respondents – Yes**

**1 – No response**

**9 respondents – No**

## ● Conclusion

All of the postpartum mothers participating in the reactive air cushion product trial indicated experiencing some level pain relief and increased comfort.

**Patient Satisfaction increased from 60% at the beginning of the trial to 80% at the close**

Implementing the cushion into the care plan for postpartum mothers accomplished the two QI goals. Incorporating cushions into the standard protocol would benefit this population.

## ● Discussion

- Staff found that surveys were filled out more completely when patients filled out their own sheets
- Staff discovered a need for additional patient education on the benefits of postpartum products

**Quality Improvement**