

# Clinical Guidelines

## Heel Protectors

### Intended Use:

Intended for prevention and management of heel pressure injuries, prevention of plantarflexion contractures and peroneal nerve injury, and skin protection of the feet while in bed.

### Consider for patients with any of the following risk factors:

- Braden Mobility sub score of 1-3
- Braden Sensory Perception sub score of 1-3
- For patients unable to lift heel off of bed independently
- For patients unable to reposition themselves independently
- For patients with existing or a history of heel pressure injuries

### Indications for Use:

- For lifting the heel off of the bed for patients who are at risk of heel pressure injury
- For positioning of the ankle and/or leg for patients who are unable to maintain a neutral position
- For preventing and managing of heel pressure injury in patients who have existing or history of pressure injury
- For preventing skin injury to the foot for patients at risk



TruVue

**Intended Care Setting:** Intended to be used in hospitals and other inpatient facilities.

### Suggested uses of the TruVue Heel Protector

Pressure Injury Prevention and Management	Positioning	Protection
<p><b>Consider for patients at risk of heel pressure injuries such as those with:</b></p> <ul style="list-style-type: none"> <li>• Critical illness, e.g. ventilated, sedated, immobilized, on vasopressors</li> <li>• Chronic illness, e.g. Diabetes, PVD, CAD, COPD, CHF, edema, malnutrition, frail, cachexic</li> <li>• Lower extremity orthopedic trauma/injury, e.g. hip fracture, amputation</li> <li>• Altered sensory perception, e.g. CVA, sedation, neuropathy, spinal cord injury</li> <li>• Impaired cognition, e.g. unable to follow self-repositioning</li> <li>• During lengthy procedures, e.g. ECMO, CVVHD, CRRT, OR, EP/Cath Lab</li> </ul>	<p><b>Consider for patients who need assistance in maintaining ankle and/or hip in neutral position</b></p> <ul style="list-style-type: none"> <li>• Critical illness, e.g. ventilated, sedated, immobilized, on vasopressors</li> <li>• Lower extremity orthopedic trauma/injury, e.g. hip fracture</li> <li>• Altered sensory perception, e.g. CVA, sedation, neuropathy, spinal cord injury</li> </ul> <p><b>Interventions</b></p> <ul style="list-style-type: none"> <li>• Remove each shift and as needed for skin assessment</li> <li>• Re-adjust to ensure proper placement after repositioning patient</li> <li>• Remove for chair transfers and ambulation</li> <li>• Utilize tubing port to direct tubing away from patient's skin</li> </ul>	<p><b>Consider for patients who need protection from:</b></p> <ul style="list-style-type: none"> <li>• Friction at the heel when agitated</li> <li>• The opposite limb, e.g. casts, rigid splints, external fixators</li> </ul>

### Contraindications

- Do not use for ambulation or chair transfers

### Additional Information

- Single patient use
- Multiple sizes are available
- The TruVue Heel Protector can be used across the continuum of care