

Clinical Guidelines

Heel Protectors

Indications for Use:

- Aids in the prevention and management of heel pressure injuries
- Aids in the prevention of hip rotation (optional wedge required)
- Aids in providing foot protection

Risk Assessment:

- 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



TruVue Lite

Suggested uses of the TruVue Lite Heel Protector

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

Contraindications

- Do not use for ambulation or chair transfers

Additional Information

- Single patient use
- One size fits most
- Patient may require the TruVue if additional ankle support is desired
- The TruVue Lite Heel Protector can be used across the continuum of care