HEEL ULCER PREVENTION

NPUAP/EPUAP Prevention Guidelines

“Ensure that the heels are free of the surface of the bed … Heel-protection devices should elevate the heel completely (offload them) in such a way as to distribute the weight of the leg along the calf without putting pressure on the Achilles tendon.”


AHRQ/AHCPR Supported Clinical Practice Guidelines

“Individuals in bed who are completely immobile should have a care plan that includes the use of devices that totally relieve pressure on the heels, most commonly by raising the heels off the bed.”


“Pressure ulcers can develop within 2 to 6 hours. Therefore, the key to preventing pressure ulcers is to accurately identify at-risk individuals quickly, so that preventative measures may be implemented.”


HEEL ULCER TREATMENT

NPUAP/EPUAP Treatment Guidelines

Stage 1 or 2: “Relieve pressure under the heel(s) with Category/Stage I or II pressure ulcers by placing legs on a pillow to “float the heels” off the bed or by using pressure reducing devices with heel suspension.”

Stage 3, 4, or unstageable: “Place the leg in a device that elevates the heel from the surface of the bed, completely offloading the pressure ulcer … Ensure that the device is not too tight and does not create additional pressure damage …”


The estimated cost per hospital stay associated with each pressure ulcer increases with the stage of the pressure ulcer. This ranges from $2,000 to $50,000 for stage 1, 2, or 3 ulcers to $70,000 for a complex full-thickness stage 4 ulcer.”


Centers for Medicare and Medicaid Services
Average Pressure Ulcer Treatment Costs (2007)

“Pressure Ulcer Stages III & IV: $43,180/hospital stay.”


“Heel ulcers can be prevented …”