Frontier Community hub

Clinical Paper

Repose®

A clinical evaluation of a dedicated heel offloading wedge for the reduction of heel pressure ulcers in high-risk orthopaedic patients

Viola Sidambe Tissue Viability Clinical Nurse Specialist, Coventry and Warwickshire NHS Trust

The Problem

Pressure ulcers remain a challenge for patients who develop them and the healthcare professionals involved in their prevention and management

The Insight

Staff identified a simple barrier: the right equipment wasn't in place to do the job effectively, teams were asked to highlight the "rocks in their shoes" – everyday barriers impacting effective pressure ulcer prevention.

The Change

A dedicated offloading solution was introduced: Repose® Wedge.
Designed for consistent heel elevation, easy to use, and reusable.

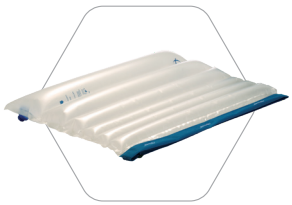
- Repose is reusable & easy to clean
- Repose is durable, easy to use & easy to store
- Repose is cost effective
- Patients find Repose comfortable
- Repose has two years waranty

The Impact

Repose® contributed to a ***significant reduction in heel pressure ulcers.***

70 reported cases > 25 reported cases

62.5% ↓ overall reduction in pressure ulcers, with ***improvements across multiple wards.***



A simple, staff-led change scaled form one ward to seven, delivering ***better patient outcomes.***

> *Repose Wedge is really good and we have had no issues with it*
>
> Repose is great for elevation and definitely better than pillows
>
> *We perform a daily check and count of the Repose as part of our routine, this has become embedded on the ward and we are often concerned when a patient doesn't have Repose in place*

NHS University Hospitals Coventry and Warwickshire NHS Trust

Rocks in their Shoes

Viola Sidambe Tissue Viability Clinical Nurse Specialist, Coventry and Warwickshire NHS Trust · Viola.Sidambe@uhcw.nhs.uk

Background

Pressure ulcers remain a challenge for patients who develop them and the healthcare professionals involved in their prevention and management (NHS Improvement 2018[1]).

Our Trust was selected to take part in the NHSI Pressure Ulcer Collaborative in October 2017 to April 2018. One of the aims of the collaborative was to facilitate a reduction in the numbers and severity of pressure ulcers within the participating areas.

We used this opportunity to focus on heel pressure ulcer prevention in one of the high reporting areas within our Trust. This area was Ward 53 Orthopaedics.

Recognising that it is the people that do the work that can fix the problem we engaged with staff in the area and asked them to identify the "rocks in their shoes" regarding pressure ulcer prevention.

Rocks in shoes are things that irritate or make your work harder.

Rocks in their Shoes

Figure 1: Rocks in their Shoes

Method

During the pressure ulcer collaborative meetings the team was taught several improvement methodologies but we however chose the UHCW Improvement Methodology as our Trust as we felt it was far superior and was already used within our organisation.

The structure of this management system involves putting patients first, it is inclusive and everyone has a voice. People who do the work fix the problems. This model also prescribes respecting people and structured discipline.[2]

The collaborative meetings identified that the' rock in the staff shoe' was lack of equipment- boughs had been used previously in the trust but were no longer available. Staff stated that they were using pillows to offload, but recognised that this did not work effectively, as the pillows tended to compress and here ended back resting on the bed mattress.

The staff considered their next steps and chose to evaluate the Repose wedge from Frontier Medical Group. The criteria for choosing this product was that:

- It is reusable and can be easily decontaminated
- Is durable, easy to use easy to store
- Is cost effective
- Patients find it comfortable
- It has a two year warranty

Additionally, education and training was given to ward staff by Frontier Medical Group on the effective use of the product.

Figure 2: Repose® Wedge from Frontier Medical Group

Results

Following feedback and ideas from staff the Repose® Wedge from Frontier Medical Group, trial started in January 2018 on ward 53 Orthopaedics and to date the ward have had a 62.5% reduction in pressure ulcers.

Staff on the wards love using the Repose Wedge and have said the following about it.

> Repose Wedge is really good and we have had no issues with it
>
> Repose is great for elevation and definitely better than pillows
>
> We perform a daily check and count of the Repose as part of our routine, this has become embedded on the ward and we are often concerned when a patient doesn't have Repose in place

1. NHS Improvement (2018) – Pressure Ulcer Care Curriculum
2. Graham Kenny (2018) Transforming Healthcare: Virginia Mason Medical Centre's Pursuit of the Perfect Patient Experience

Conclusion

Following the success of the Repose wedge trial on the Orthopaedics ward we identified 6 other areas in the Trust that have high numbers of heel pressure ulcers. The Repose wedge has also been also using the Repose wedge to elevate patient's heels, with good outcomes.

To date seven wards that have implemented the Repose Wedge.

WARD	Total PU numbers before Repose	Total PU numbers after Repose implementation
Ward 42	16	4
Ward 53	16	6
Ward 53 ICU	6	0
Ward 52	10	5
Ward 26	11	3
Ward 29A	10	2
Ward 1	16	2

The next steps in the process will be to:-

- Continue to measure improvements
- Sustainability
- Roll out the Repose wedge to other areas in the Trust that have high incidents of pressure ulcers.

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