

Heel Pressure Ulcer Prevention-ICU Patient

Step 1
Stabilize Patient—Place Pillows under calves on admission

Step 2
Anticipated time of mobility Limitation (Braden Subscale)

"Short Term"
If <48 hours
Use Pillows

"Unknown"
Treat as "short
term"
Re-Evaluate in 48

"Long Term"
If immobile >48
hours

Step 3
Determine the amount of leg and foot movement

If no foot/leg movement
1st 48 hours: use pillows
After 48 hours:
PREVALON

If some foot/leg move-
ment (unable to keep
calves on pillows)
Use PREVALON

If excessive foot/leg
movement (irritation,
spasm)
Use PREVALON

Step 4
Reassess Q-shift, skin, ROM, foot drop risk