Heel Pressure Ulcer Prevention and Treatment
Decision Tree

- Educate patient and/or family on appropriate pressure relieving interventions
- Institute Pressure Ulcer Prevention & Skin Care Interventions
- Moisturize pressure points and skin at least daily without massage
- Reposition every 2 hours
- Assess skin integrity every shift and prn

**Level 1 - Pillows**

**Criteria**
1. Braden Score 13-18
2. No existing heel/foot skin breakdown
3. No foot drop risk
4. Ambulatory or potentially ambulatory

**Nursing Interventions**
- Elevate heels off bed using pillows or wheelchair foam

**Level 2 – Prevalon Heel Boots #209535**

**Criteria**
1. Braden Score < 13
   - Or
   - Existing or new heel/foot skin breakdown
   - Or
   - Foot drop risk
2. Non-ambulatory or impaired circulation
   - (i.e. diabetes, peripheral vascular disease)

**Nursing Interventions**
- Place Prevalon Heel Protector on affected extremity(s)
  - (Notify Wound Care RN at 2-4400 or Physical Therapy at 2-2683 to order Prevalon Boot)

**Level 3 – Multi-Podus Splint**

**Criteria**
1. Braden Score < 13
   - Or
   - Existing or new heel/foot skin breakdown
   - Or
   - Foot drop risk
2. Ambulatory or potential for ambulation with need for offloading heel(s) with gait/mobility

**Nursing Interventions**
- Place Multi-Podus Splint on affected extremity(s).
  - (Consult with Physical Therapy for appropriate sizing)