

Clinical Guidelines

Indications for Use:

- Aids in the prevention and management of heel pressure injuries in people who require an ambulatory device
- Aids in positioning the ankle in neutral
- Aids in preventing hip rotation
- Aids in providing foot protection
- Aids in promoting functional ambulation in patients with the medical condition of foot drop



FootHold with Splint

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
- Medical condition of foot drop

Suggested uses of the FootHold with Splint 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:</p> <ul style="list-style-type: none"> • Critical illness, e.g. ventilated, sedated, immobilized, on vasopressors • Lower extremity orthopedic trauma/injury, e.g. hip fracture • Altered sensory perception, e.g. CVA, sedation, neuropathy, spinal cord injury 	<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
	<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 • Ensure Secure Stick Sole is in place for chair transfers and ambulation • Ensure tubing is directed away from patient's skin 	<p>Promoting Functional Ambulation</p> <p>Consider for patients with the medical condition of foot drop</p>

Contraindications

- Not for use in patients with lower extremity contractures

Precautions

- Use caution in patients with spasticity

Additional Information

- Single patient use
- The Secure Stick Sole may be removed while in bed
- The FootHold with Splint Heel Protector can be used across the continuum of care
- When a single boot is in use, recommend wearing a shoe on opposite limb during ambulation to reduce height difference