

Clinical Guidelines

Indications for Use:

- Aids in the prevention and management of heel pressure injuries
- Aids in the prevention of hip rotation (optional wedge recommended)
- Aids in providing foot protection
- Aids in positioning the ankle in neutral

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



TruVue

Suggested uses of the TruVue Heel Protector

Pressure Injury Prevention and Management

Consider for patients at risk of heel pressure injuries such as those with:

- 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

Positioning

Consider for patients who need assistance in maintaining ankle and/or hip in neutral position

- 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

Interventions

- Remove each shift and as needed for skin assessment
- Re-adjust to ensure proper placement after repositioning patient
- Remove for chair transfers and ambulation
- Utilize tubing port to direct tubing away from patient's skin

Protection

Consider for patients who need protection from:

- Friction at the heel when agitated
- The opposite limb, e.g. casts, rigid splints, external fixators

Contraindications

- Do not use for ambulation or chair transfers

Additional Information

- Single patient use
- Multiple sizes are available
- The TruVue Heel Protector can be used across the continuum of care