







## HEEL PRESSURE DAMAGE

Tissue Damage to Heel		<u>Immediate</u> actions (Discuss these with patients +/- carers)	Referral
<b>No damage High risk</b>		Ensure all staff aware patient is at risk. Those with reduced mobility. <b>Off-load</b> if in bed for prolonged periods. Ensure good skin care. Assess skin for changes and <b>REACT TO RED</b> , document skin assessments and interventions if there are any changes.	None required.
<b>Redness (Erythema)</b>		<b>Off-load</b> when in bed. Ensure feet not resting on heels when sitting in chair. Maintain good skin care. Assess skin for changes, document findings and interventions	None required
<b>Discolouration (Deep Tissue Injury)</b>		<b>Complete incident report</b> <b>Off-load</b> when in bed. Ensure feet not resting on heels when sitting in chair. Maintain good skin care. Assess skin for changes, document findings and interventions	In hospital:- Tissue Viability
<b>Where wound present</b>	<b>ALL BELOW</b>	<b>Complete incident report</b> <b>Off-load</b> when in bed. Ensure feet not resting on heels when sitting in chair. Undertake immediate actions for wound management. Refer for specialist advice	<b>In hospital:-</b> Tissue Viability If patient has diabetes refer to Diabetic Foot Team - RBH patients only
<b>Blister</b>		<b>Wound management:</b> De-roof blister Apply foam dressing, initially change daily so wound can be assessed for deterioration Follow specialist management plan when available.	<b>Community –</b> Refer to Podiatry for sharp debridement and off-loading
<b>Full thickness tissue damage</b>		<b>Wound management:</b> Swab if any signs of infection. Apply alginate and absorbent dressing, initially change daily so wound can be assessed for deterioration Follow specialist management plan when available.	<b>Community –</b> Refer to Podiatry for sharp debridement and off-loading
<b>Dry Necrosis</b>		<b>Wound management: Refer to - Vascular Service for arterial assessment.</b> Apply foam dressing. <b>DO NOT USE PRODUCTS TO HYDRATE WOUND.</b> Initially change daily so wound can be assessed for deterioration and signs of infection. Follow specialist management plan when available.	If infection present liaise with GP