



Float Heels

Objective To focus your staff on prevention techniques that reduce the risk of heel pressure injuries and to reinforce the importance of assessment of heels during care.

First Ask staff how many days it has been since their unit acquired a pressure injury?

- a. If zero, ask how many days in the past week have they been without an acquired pressure injury.
- b. Congratulate each successful day!
- c. Update your Pressure Free Zone tracking wipe-off board.

Review

- a. "You're Pushin' Too Hard on Me" and "Mom, She's Squeezin' Me" ~ Need: manual blood pressure cuff and a balloon.
- b. The Pressure Points poster and each tip for pressure relief .

Ask

- a. What situations do you encounter daily that place your residents at high-risk for heel pressure injuries?
 - i. Have staff identify a few residents at high-risk and explain why.
- b. What can you do differently in your daily routine to reduce the risk of heel pressure injuries for your residents?
- c. What makes it difficult to float your residents' heels? Discuss solutions to issues identified.

Emphasize Heels must always be floated to prevent tissue damage that leads to pressure injuries. Assessing heels by sight (use your new mirrors) and touch is critical to the prevention of heel pressure injuries. Avoidance of pressure is the best prevention tool.

Lesson Floating heels is the best way to prevent heel pressure injuries.