




Skin and Wound Product Information Sheet

Body Supporter	
Classification	Positioning Device
Key Points	<ul style="list-style-type: none"> • Light-weight positioning device with washable cover. • Dry sterilized, inert buckwheat hulls conform to maximize pressure distribution and comfort.
Indications	<ul style="list-style-type: none"> • To be used in conjunction with a turning schedule based on the person’s level of risk and tolerance e.g. q2hrs; can be used with pillows or as an alternative to pillows: <ul style="list-style-type: none"> ○ To support the individual in a side lying position while in bed to prevent pressure injuries or as an intervention to assist with healing of existing pressure injury. ○ To support healing of existing pressure ulcers while in bed by off-loading it ○ May be preferable to a positioning wedge for clients who have bony deformities as the buckwheat bolster will conform to accommodate these bony prominences.
Precautions	<ul style="list-style-type: none"> • When using the bags zippered together ensure that the zipper is positioned away from the client’s skin • Do not use alcohol to clean the bolster • The buckwheat hulls within the bag must never be in contact with water or body fluids – if this should occur, the bag needs to be discarded.
Contraindications	<ul style="list-style-type: none"> • Do not use alcohol to clean bolster
Formats & Sizes	<ul style="list-style-type: none"> • Bolster <ul style="list-style-type: none"> ○ Single 25”x 8” bag ○ Pair (2) 25”x 8” bag (can be zippered together) • Replacement cotton covers, middle linings and buckwheat hulls are available <div style="text-align: right;">  </div>
Application Directions	
Choose the appropriately sized bolster for the client.	The buckwheat in the bolster conforms to client’s body to comfortably support a side lying position.
To Apply	
Ensure that the bed height is at the appropriate height and that the bed is completely flat.	To ensure correct body mechanics throughout the positioning of the client.
Position client in supine position with either the knees bend and soles of the feet on the bed or with the client’s top foot over the bottom foot.	To increase leverage for easier turning of the client.
Log-roll the client to one side using the repositioning sling or sheet.	
Avoid rolling client onto a pressure ulcer.	
Place the bolster behind the client’s back so that the client is positioned 30 degrees from supine position. Smooth bolster cover to avoid wrinkles. Due to the buckwheat filler, the bolster stays in place when the client’s body relaxes into the bolster.	
Daily Client Care	
With each repositioning change (e.g. every 2 hours), check client’s pressure points for signs of skin breakdown.	To minimize risk of skin breakdown
Cleansing the Device	
Do not use alcohol to clean the bolster. To clean when soiled or between clients, remove outer dark blue cover and the middle light blue lining; label pieces for return to the appropriate unit.	For infection control and to prolong product life.



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<p>Wash in a commercial washer at 72°C with a pH level between 10.2 -10.5. Air drying is preferred; if using a dryer, do not exceed 175°C, use medium heat.</p> <p>The buckwheat hulls must never be in contact with water or body fluids. If this occurs, discard them and replace with new buckwheat hulls which can be ordered separately.</p>	
Expected Outcome	
<p>Client’s position is maintained.</p> <p>Client does not develop a pressure ulcer.</p> <p>Existing pressure ulcer heals.</p>	
For further information, please contact your Occupational Therapist, Physiotherapist or NSWOC/Wound Clinician.	