



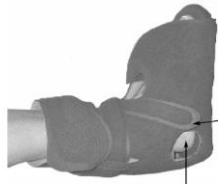




## Skin and Wound Product Information Sheet

<b>Waffle Foothold Boot</b>	
<b>Classification</b>	<b>Heel Suspension: Boot</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>• Single use device</li> <li>• Boot is available with a <u>secure stick sole</u> which allows for weight-bearing activities; eg ambulating, transferring; the sole device has a secure stick feature to prevent it from coming away from the boot</li> <li>• Boot is also available with an <u>anti-rotational bar/splint</u> which can be used to promote proper leg alignment of the foot, ankle, knee and hip</li> </ul>
<b>Indications</b>	<ul style="list-style-type: none"> <li>• To be used as one intervention within an individualized pressure ulcer prevention careplan</li> <li>• To protect heels at risk for skin breakdown while in bed</li> <li>• To support healing of existing heel pressure ulcers while in bed</li> </ul>
<b>Precautions</b>	<ul style="list-style-type: none"> <li>• Consult with Wound Clinician, OT and/or Physician prior to use as product selection requires correct sizing</li> <li>• Clients with contractures or whose heels dig into the mattress need further assessment</li> <li>• Tubing from sequential compression devices should be brought through the boot in areas that will avoid pressure points on the leg and foot</li> <li>• Remove boot at least once per shift each to do a skin assessment of the limb and foot</li> <li>• Monitor the skin closely if there is a pre-existing wound(s) on the lower leg or foot</li> <li>• The boot's secure- stick sole device should not be worn when the client is in bed</li> <li>• The boot's secure-stick sole must be in place for ambulation.</li> <li>• The anti-rotational splint should not be used when the client is weight-bearing</li> </ul>
<b>Contraindications</b>	<ul style="list-style-type: none"> <li>• Do not use for a client who has knee contractures.</li> </ul>
<b>Formats &amp; Sizes</b>	<p>Boot can be ordered as:</p> <ul style="list-style-type: none"> <li>○ Boot</li> <li>○ Boot with secure-stick sole</li> <li>○ Boot with secure-stick sole &amp; anti-rotational splint</li> </ul> <p>• <b>Women</b></p> <ul style="list-style-type: none"> <li>○ Small: Foot Length 9"/Size 6-7</li> <li>○ Medium: Foot length 10"/Size 8-9</li> <li>○ Large: Foot Length 11"/Size 10-11</li> <li>○ XLarge: Foot Length 12"/Size 12-13</li> <li>○ Extended Plus: Foot Length 13" Size 14-15</li> </ul> <p>• <b>Men</b></p> <ul style="list-style-type: none"> <li>○ Small: Foot Length 9"/Size 5-6</li> <li>○ Medium: Foot length 10"/Size 7-8</li> <li>○ Large: Foot Length 11"/Size 9-10</li> <li>○ XLarge: Foot Length 12"/Size 11-12</li> <li>○ Extended Plus: Foot Length 13" Size 13-14</li> </ul>
Application Directions	Rationale
<p>Open up the boot. Make sure the Hydro-Cushion is in the proper position with the ankle wings pointing <u>downward</u> toward the insole of the boot</p> <p style="text-align: center;">Angel Wings</p> <p style="text-align: center;">Hydro Cushion</p>	<p>Correct positioning ensures offloading of the heel and ensures correct positioning within the device</p>



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<p>Gently flex the knee and place the leg into the boot.</p> 	<p>Flexing the knee s allows for correct placement of the foot in the foothold. The hydro cushion position can be adjusted to ensure that the heel is floated</p>
<p>Secure the foot and let straps; cross the lower leg strap and secure. Toe Placement Toes should be at least 1.3cm (1/2") from the end of the insole.</p> 	<p>The Velcro straps can be adjusted to accommodate the size of the calf. The window allows for a visual to ensure correct heel placement. The toe space is to prevent the client from injuring their toes when walking</p> 
<p>If using the secure stick: place the heel portion of the Secure Stick Sole to the heel of the FootHold boot and firmly press the sole into place within the reference line. To remove, peel the sole away beginning at the heel.</p> 	<p>The secure-stick sole must be attached to the boot prior to transferring or ambulation.</p>
<p>If using anti-rotation bar: the anti rotation bar folds out and locks into place.</p> 	<p>The anti-rotation bar allows for proper alignment of the lower extremity and counters the rotational forces at the hip.</p>
<p><b>Daily Care</b></p>	
<p>With each repositioning change (eg every 2 hours), ensure that the heels are not touching the mattress.</p> <p>At minimum once per shift, remove boot and check the client’s skin for signs of skin irritation and pressure points.</p> <p>If using a heavy moisturizer or zinc-based product on the legs, protect the device with a small sheet/towel.</p>	<p>If device does not ensure that heels are floating off the mattress then do not continue to use the device; use an alternative method (eg pillows) for off-loading the heel and consult OT/PT or Wound Clinician.</p> <p>If skin irritation is present or reddened areas do not blanch, do not continue to use the device; use an alternative method (eg pillows) for off-loading the heel and consult OT/PT or Wound Clinician.</p>
<p><b>Cleaning the Device</b></p>	
<p>Products can be hand washed or spot cleaned. Air dry</p>	<p>.</p>
<p><b>Expected Outcome</b></p>	
<p>Client does not develop a pressure ulcer.</p> <p>Existing pressure injury heals.</p>	
<p style="text-align: center;"><b>For further information, please contact your Occupation Therapist, Physiotherapist or Wound Clinician.</b></p>	