

Information Package on

Wheeled



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Mobility

KT4TT Intervention Tools - Series C:1 (2012)

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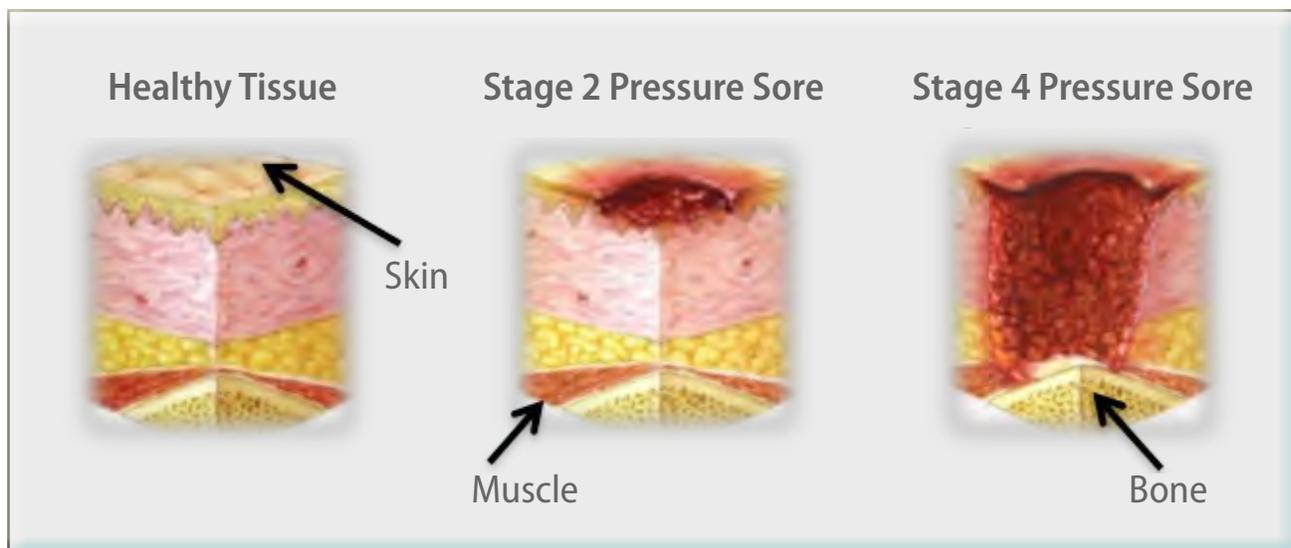
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Attention Nurses

The Clinical Problem With Pressure

Individuals who use wheelchairs are at **high risk** for pressure sores, which can be **life threatening**.



Pressure Relief

is an Important Strategy for Pressure Sore Prevention

Most people who use wheelchairs that are equipped with tilt in space systems know that they should attempt pressure-relieving tilts, and even know how to use their wheelchair's tilt function.

But, research has shown that most people DO NOT USE their tilt systems often enough or for a long enough duration.

Tips for Nurses

to Help Prevent Pressure Sores For Power Tilt Wheelchair Users

- 1) Talk to your patients about their tilting habits.
- 2) Encourage patients to use their wheelchair's tilt function.
- 3) Share the enclosed flier with patients to get them thinking about tilting.
- 4) Recommend pressure mapping so patients can see how much they should tilt to achieve pressure relief.

Here's How You Can Help!

- **Educate Patients** - One of the main reasons wheelchair users do not tilt is because they feel that the tilt puts them in a non-functional position. You can share the enclosed brochure with your patients so they can consider how and where to integrate tilts into their routine so that they do not lose time.
- **Demonstrate Proper Techniques** - Another reason wheelchair users state that they do not tilt is because they misperceive the tilt angle, and feel that they are tilting further than they actually are. You can offer to assist a wheelchair user while they practice tilting, so that they can experience a "full tilt" in a safe setting.
- **Provide Referrals** - Let patients know that occupational and physical therapists can see how well pressure is relieved from tilting using a pressure map. Recommend that your patients talk to their seating and mobility specialist to ensure they are getting the maximum benefit from tilting.
- **Learn More** - Want more details about the use of tilting for pressure relief? See the enclosed article - Use of Power Tilt Systems in Everyday Life- by Sonenblum, Sprigle & Maurer for details about this research study finding.



Resources for Nurses

As a busy nurse, you can't be there with your patients all of the time. But you can pass on your knowledge to them in a take-home format by handing out the brochures enclosed in this folder.

Don't worry about running out - we are happy to send you more!

Have Questions? Need More Brochures?

Please Contact: Sue Arnold, Project Administrator

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