

Pressure Sores: Easier to Prevent Than Heal

Pressure sores, pressure ulcers or bedsores are surprisingly common amongst the elderly and infirm, as well as disabled people.

PRESSURE FROM BEING in a stationary position over time disrupts blood flow, effectively starving the skin of oxygen and nutrients leading to its break down and ulceration.

For some this might only be a mild complaint requiring minor nursing but these same irritations can develop dangerous complications including deep ulceration, blood poisoning and even gangrene.

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Pressure sores tend to affect people with an underlying health issue that prevents them from moving and is surprisingly common. Around 500,000 people develop pressure sores in the UK each year, according to the

NHS and up to one in 20 people admitted to hospital will develop the condition.

Prevention is far easier than cure. Regularly changing a person's body position and employing specifically designed cushions, mattresses can reduce risk. Treatment can be as simple as applying dressings, creams and gels designed to speed up healing processes and relieve pressure but for the most serious cases, surgery is sometimes recommended.

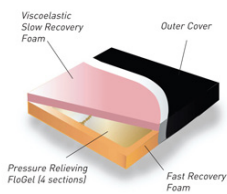
Trulife, arguably the leader in the field of specialist cushions which help to prevent pressure sores, were kind enough to send **Able Magazine** a sampling of their range. Never one to shirk a challenge, the cushions were sent off to our friends at The Victoria Infirmary in Glasgow for a hands-on trial from the experts.

Verdict: "Even though these cushions can be quite expensive to purchase privately (a couple of hundred pounds can be prohibitive), the benefits they offer are quite simply outstanding. As an investment in one's health we fully endorse that wheelchair users, or anyone who is immobile for long periods of time, use a specialist cushion whenever possible. After trying out these Trulife cushions we really couldn't fault them! There has obviously been a lot of time, effort and expertise put into the construction of the products we tried and the benefits to some of our patients were immediate. One patient has even taken to carrying the cushion around with him in the fear that someone will nab it - how's that for a recommendation? Easy five stars. If we give you 6 stars will you send us more cushions?" *A. Kelly. Victoria Infirmary*



Products tested and technical info

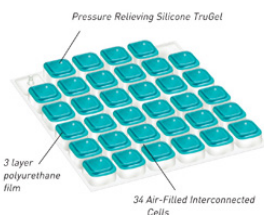
TRIO



MEDIUM RISK

An ultra light cushion that benefits from four sections of FloGel being positioned into a polyurethane (pu) base with a Viscoelastic foam upper layer. Specially designed to conform to the shape of the user, increasing surface area and relieving pressure. Cushion can be rotated — No front or back for the person with low to moderate risk of skin breakdown. Clear protective pu film coating is easy to wipe clean and is suitable for incontinent users. Lightweight and easy to transport.

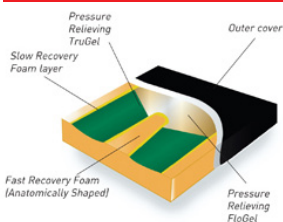
GELCELL



HIGH RISK

Unique combination of AIR and GEL technology provides pressure relief and comfort to the high risk user. 34 interconnected air-filled cells, each covered with a layer of pressure relieving silicone-based TruGel. The action of the air in the cushion enhances capillary function in the skin, maintaining blood flow and oxygen uptake. Gel cushions ensure enhanced pressure re-distribution and also have a positive effect on skin temperature management whilst minimizing the effects of shear forces. When pressure is applied, air circulates to each of the cells, distributing weight evenly, thus reducing high pressure concentrations around bony prominences. The Gelcell is made up of 3 layers of polyurethane (pu) film giving a total

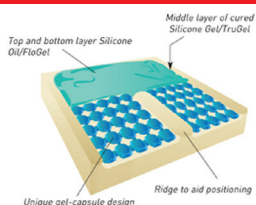
DUOGELL



HIGH RISK

Unique combination of TruGel and FloGel work together effectively to provide excellent pressure relief and weight distribution. Gel and Foam combination allows for greater circulation and weight distribution Provides for medial and lateral thigh positioning as well as support for the greater trochanter of the thigh bone. The thigh troughs are lined with TruGel and the Ischial area is lined with FloGel which is set on a viscoelastic foam giving greater comfort and seating stability. Clear protective polyurethane film coating is easy to wipe clean and is suitable for incontinent users.

ULTIMATE



HIGH RISK

Anatomically pre-contoured foam base for better positioning and posture support. Unique 'gel-capsule' design of the silicone TruGel in the leg channels promotes air circulation. Three layer gel bag towards the rear of the cushion contains a unique combination of proven pressure relieving TruGel and FloGel which noticeably reduces pressure and shear and helps protect the ischial tuberosities. Gel and Foam combination offers greater weight distribution. Clear protective polyurethane film coating is easy to wipe clean and is suitable for incontinent users.

More: www.trulife.com