



## How to Prevent Wedge Slipping

Frequent slipping and / or when a person shifts off the support device can often be the root reason why a bedsore develops.

Obviously, the longer the positioner is kept in place, the better your pressure reduction and the better your chances of preventing and healing a pressure wound.

So solving the problem of wedge slipping is crucial to achieving best possible pressure injury prevention.

We at Jewell Nursing Solutions took the time to understand why slipping and shifting happens so that we could figure out exactly how a positioner should be designed to prevent it.

Here is what we learned.

## Why Slip Happens

The key to solving a problem is understanding it. (But if you want to just go straight to the answers, see below “How to Stop The Slipping”)

There are several reasons slipping happens with 30 degree lateral positioning:

1. People shift off a positioning support (if they can) when they are uncomfortable.
2. Pillows do not hold their shape under body weight and small movements. They “bottom out” and get pushed out of place until eventually your person is left back on their bedsore.
3. A typical wedge cut to a 30 degree angle pushes a person from the side. It cannot be set to support under the back. The consequence of “side support” is;

- When you put a big wedge really close to your person, he/she is forced over too far, way more than 30 degrees. To get comfortable, he / she will have a need to either roll all the way onto his/her side (if they can tolerate resting all the way over on the side) or moving / shifting away from the wedge so that they can lay in the more comfortable, flatter position.

- When you put a big wedge a further away from the person, it may position the person closer to 30 degrees or even less. But since the wedge sits to the side of the person, his / her body weight will push the cushion. The cushion will slowly be pushed away, and the lack of back support will cause the person to have a need to shift back onto the back.

- Small 2 piece wedges do fit under a person much better. But since they are smaller they have to be made much more firm. Since there are two cushions, it is difficult to set the support under the back to be even even with the hips. The person is can be forced in a twisted position, it feels hard on the back, and the person can feel trapped.

4. The best fabric cover for a positioning cushion is polyurethane “gurney pad” fabric because it is moisture resistant, antimicrobial and allows for skin breathability without sticking. Open foam, vinyl, rubber, and cotton sheet fabric covers are less desirable because they cannot tolerate moisture and / or will stick to skin and cause wounds. However, the trade off is polyurethane is slippery on many surfaces and will not stick well against similarly constructed fabrics that are commonly used on medical mattresses such as air mattresses.

The reason The Bedsore Rescue cushion works so much better is because it is designed to combine the best features of positioning support technology. The patented bilateral angle design makes possible to lift from UNDER your person, not to the side like other typical wedges do. The support is much more stable because the person is laying on top of it. The entire back and hips are cradled evenly and gently in a more consistent 30 degree angle. So your person is comfortable and there is much less slipping.

The gurney pad fabric that covers the Bedsore Rescue cushion is the best fabric to use for this purpose. It is moisture resistant and antimicrobial. Most importantly, it won't stick to your person's skin to minimize the risk of skin tears as much as possible. But the properties that make it slippery on skin are also what make it more slippery when it is placed on similar fabrics like the fabrics used to cover air filled mattresses.

# How To Stop The Slipping!

The 2 tricks you need to know to preventing slipping of the Bedsore Rescue Cushion:

1. Use a fabric on the bed that is stickier to the fabric on the Bedsore Rescue cushion
2. Set the cushion so that it is fully **under** the person

## How to create “stick” between the Bedsore Rescue Cushion and the mattress cover

The Bedsore Rescue cushion should be placed on surface that can ‘grab’ the cushion such as:

- If your person is on a “hospital bed’ with an air mattress covered with a fabric like the Bedsore Rescue Cushion fabric, we recommend you use the Bedsore Rescue Cushion with the non-skid bottom. **But done worry, if you already got the home version, there are other ways to make it less slippery. See below**
- **DO NOT cover The Bedsore Rescue Cushion with a standard pillow case. Regular pillow cases make the Bedsore Rescue Cushion slippery.**
- All Foam mattresses covered with fitted mattress protectors and standard cotton sheets is recommended for best results. Avoid vinyl mattress protectors!
- Consider using a cotton moisture absorbent pads (chux) over the mattress and under the Bedsore Rescue cushion.
- May use breathable pad, ‘paper chux’ **over** the cushion but **under** the person; (place the paper chux between the person and the cushion) (see the attached **booklet** for recommendations for moisture absorbent paper chux)
- Consider getting the fitted cotton cover (link here to cover) specifically designed for The Bedsore Rescue Cushion. We offer discounted pricing to anyone who is needs it because they are having trouble with slipping. Call us!

## How to set the Bedsore Rescue Cushion for best stability

- Have your person turn as far over as possible so that you can fit the cushion full under her/him



- Tuck the top and bottom ends under the scapula shoulder blade and buttocks
- Hold the cushion in place as your person rolls back onto it to prevent slipping during person's movement.
- And so that he/she is resting ON TOP of the cushion

The cushion could slip more when it is resting more on the side of the person, or the person may wish to shift off of the cushion because he/she is put in an uncomfortable position.

Any wedge that is resting more to the side of the person rather than under the person is going to slip away from the person easily. Or the person may tend to shift off the cushion because they are not fully supported and in an awkward position.

If you notice this is happening, simply reset the cushion so that it is fully under the person as explained above. Check with your person to try to achieve best possible comfort by moving up, down, closer and even further away just enough to gain comfort and still have pressure reduction.

For more information and other helpful tips, download the following instruction sheets

[How to place the Bedsore Rescue Cushion](#)

How to Manage Difficult Turn Situations