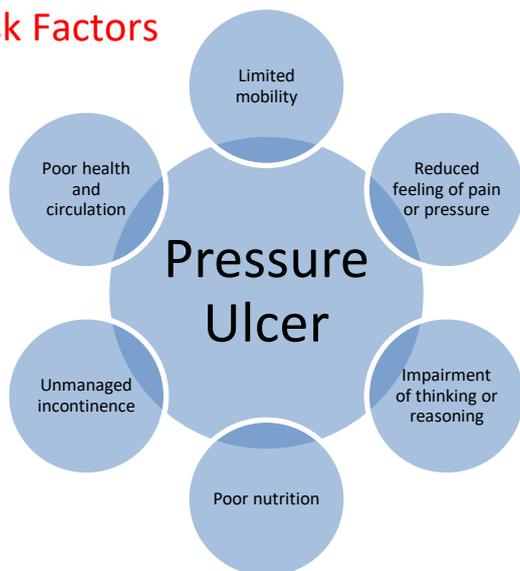


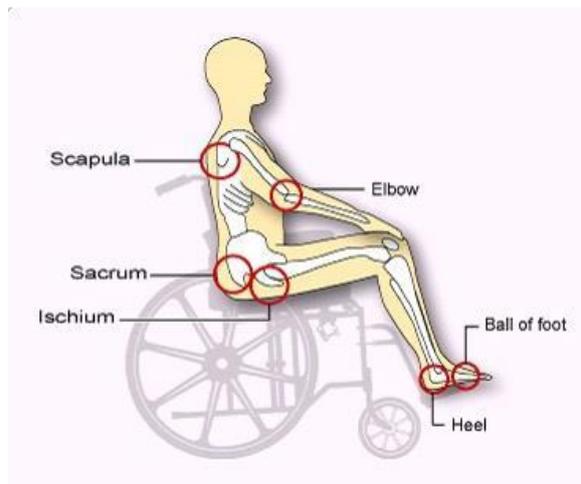
Activities in Wheelchairs to Reduce Pressure Ulcer Development in Sitting

Information Sheet for St. Michael's House Users and Carers

Risk Factors



Risk Areas



How to Provide Pressure Relief

If possible to do **safely**, **stand up** to fully offload the pressure area for **at least 30-90 seconds**. Do not stand on footplates.

Side to side shift to relieve pressure over one buttock at a time. Put brakes on and try to reach table, another person, ground with your left then right arm. Hold the position for at **least 30-90 seconds**.

Make sure the weight is completely off the opposite buttock. **Make sure the spine is not twisted**. Repeat on the other side.

Assist the person hand over hand if they can't follow instructions. Be watchful that chair does not tip. You may need help the person regain upright position.



or

Frequency depends on personal risk factors and may need to be as often as every 15 minutes and minimum every 2 hours for at least 3 minutes.

Duration it is important to adhere to the 30-90 seconds rule to ensure the skin receives adequate blood flow in the compressed areas.

Leaning forward – only if person does NOT have a diagnosis of osteoporosis.

Make sure the front wheels are facing forward, put the brakes on.

Bend forward as far as you can.

Hold the position for at least **30-90 seconds**.

Assist the person hand over hand if they can't follow verbal or visual instructions. You may need help the person regain upright position.



or

If person has a diagnosis of osteoporosis instead ask or assist them to hinge forwards at the hips **while keeping their back straight**. Only hinge forward as far as person can do so while their back remains straight from tailbone to head.

Cross check the above advice with other clinical guidelines in place.

Adapted from: 2009 Model Systems Knowledge Translation Centre (MSKTC)
Irina Jackson Senior OT, Niamh Quinn Senior PT, March 2020