Prevention is possible
+ Prevention is powerful

A comprehensive guide to using ALLEVYN◊ LIFE Dressings to prevent pressure injuries in the ICU, OR, and ER.

Smith+Nephew

ALLEVYN◊ LIFE
Foam Dressings

Contents

Understanding the impact of pressure injuries

2.5 million
Americans are affected by pressure injuries each year[1]

$21,784
Average cost each pressure injury adds to a hospital stay[2]

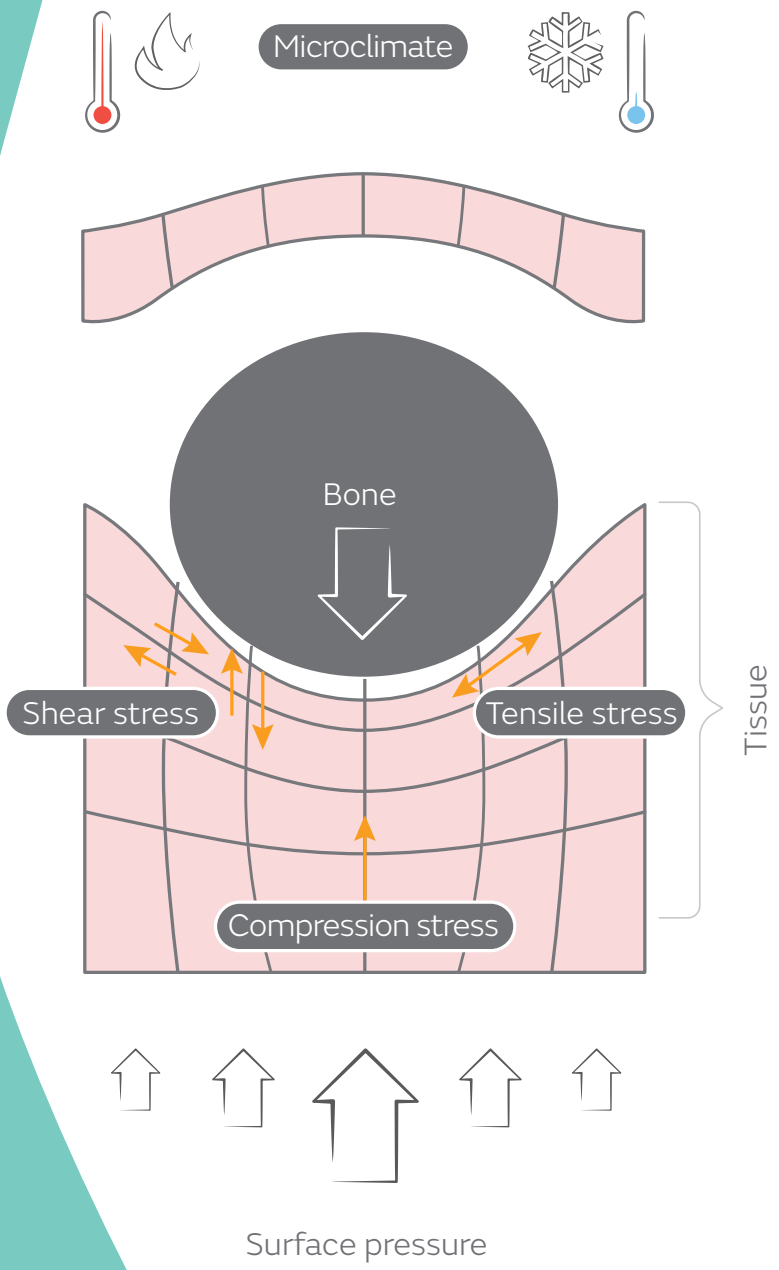
4-6X
Greater risk of in-hospital mortality[2]

9.5 days
Average increase in length of hospital stay[2]

How pressure injuries develop

Contributors to localized skin injury:[3-5]

1. **Pressure**
2. **Shear**
3. **Microclimate,** which can exacerbate the effects of pressure, shear and friction, is caused by factors such as:
    - Prolonged **humidity** and moisture, which can lead to tissue breakdown and tearing
    - **Heat**, which increases metabolism, while pressure hinders blood flow, preventing tissue from getting oxygen and nutrients
    - **Cold**, which leads to hypothermia, further reducing circulation and oxygenation



When pressure injuries develop, patients are in pain and may develop infections at the site of injury.[6]

Choose a dressing designed for prevention

Prophylactic dressings differ in quality. Considerations should include:[3]

- Ability to manage microclimate
- Ease of application and removal
- Ability to regularly assess the skin
- Location of dressing application
- Correct dressing size and shape
- Ability to redistribute pressure

The National Pressure Injury Advisory Panel recommends the use of foam dressings as part of a comprehensive pressure injury prevention program.[3]

The ALLEVYN◊ LIFE difference

ALLEVYN LIFE is an all-in-one dressing for wound management and pressure injury prevention[7]

Unique five-layer construction absorbs fluids and redistributes pressure[7-17]

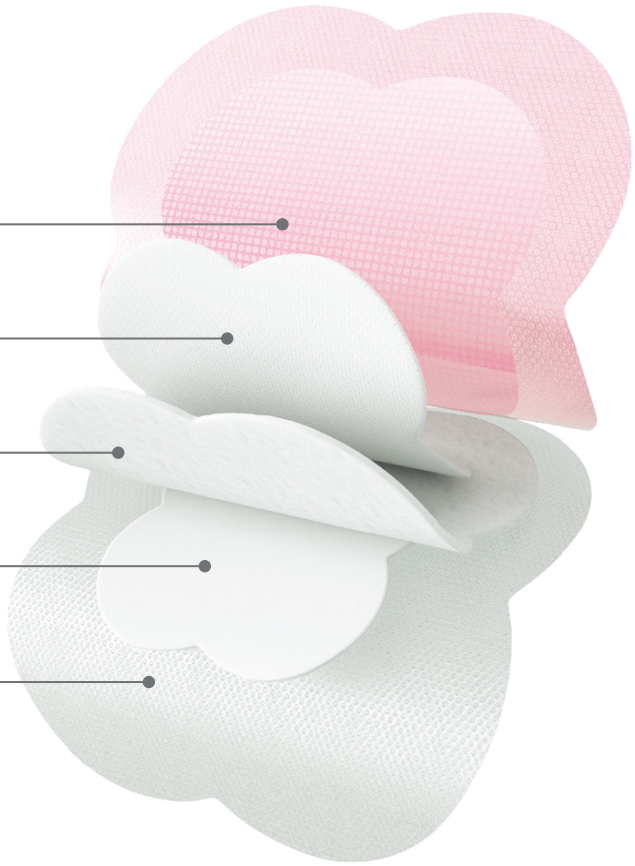
Breathable
Film layer provides a bacterial barrier

Discreet
Strikethrough-masking layer

Hyper-absorbent
Lock-away core helps minimize leakage of fluid

Protective
Hydrocellular foam cushions, absorbs exudate

Gentle and secure
Silicone adhesive wound contact layer can be repositioned[15] and may reduce trauma to the wound during dressing changes



Nearly
2X
longer wear time than other dressings†

Up to **5 days wear** on the sacrum | Up to **7 days wear** on other locations*

*Depending on the nature of the wound and exudate level, when used as indicated.
†Tested on Mepilex™ Border

Performance under pressure

Compared to standard preventive care alone, ALLEVYN◊ LIFE has been shown to:

Reduce incidence of sacral pressure injuries by up to **71%**[18]

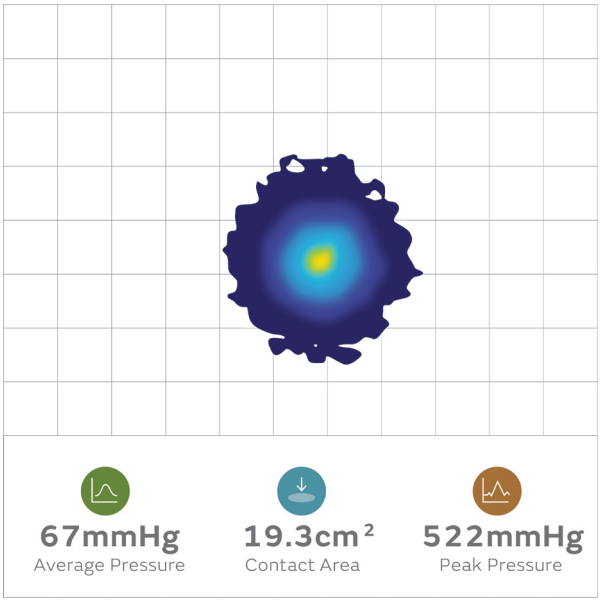
Produce per-patient cost savings up to **69%**[18,19]

Relieved more pressure than leading competitors.[20]

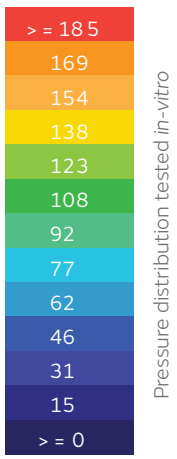
The multi-layer foam design helps protect against pressure injuries[18] by redistributing pressure and protecting areas subject to friction and shear.[2]

Across all applied forces, when tested on both dry and wet dressings, ALLEVYN LIFE Dressings spread the pressure over a greater contact area, resulting in lower average and peak pressures when compared to Mepilex™ Border and Optifoam™ Gentle SA *(in vitro)*.

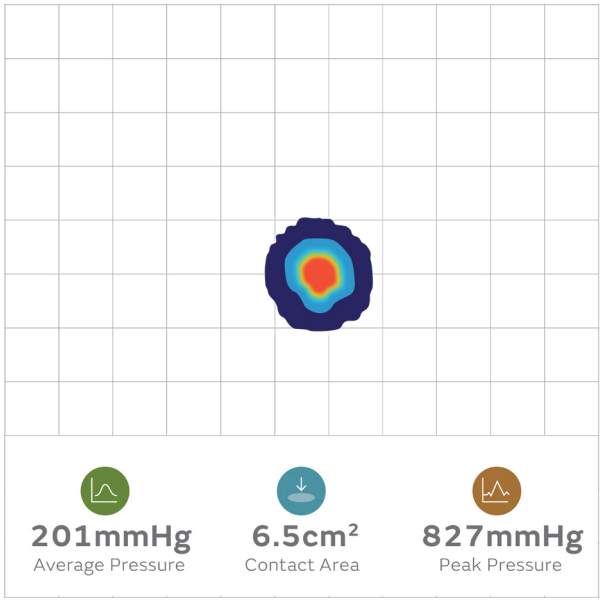
ALLEVYN LIFE Dressing



Pressure distribution wound contact side



Mepilex Border Dressing



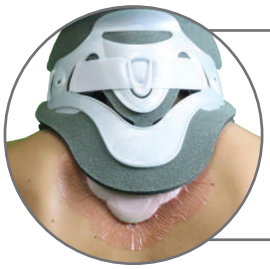
Pressure distribution wound contact side

The results were statistically significant; testing was conducted based on a powered sample size.

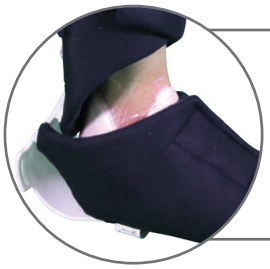
Pressure mapping is a demonstration measuring only pressure and does not replace the need for clinical evidence of effectiveness.

ALLEVYN◊ LIFE works with a variety of medical devices including:

Cervical Collar *(front)*
Size: 5in x 5in
Area at Risk: chin, jaw, clavical, occiput

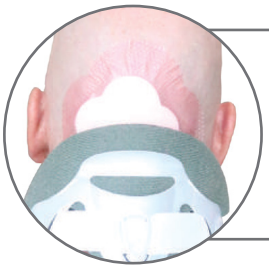


Cervical Collar *(back)*
Size: 5in x 5in
Area at Risk: spine, shoulder blades



Multi-podus Boot
Size: 4in x 4in, Heel
Area at Risk: top/bottom foot, heel, calf

Foot Pump
Size: 4in x 4in
Area at Risk: achilles, top/bottom foot



Cervical Collar *(back)*
Size: 5in x 5in
Area at Risk: occiput

SCD *(sequential compression device)*
Size: 4in x 4in
Area at Risk: lateral anterior ankle, achilles, top of foot

Brace
Size: 4in x 4in
Area at Risk: hand

ALLEVYN LIFE offers benefits in a variety of medical settings. See how it can help in the:

ICU **OR** **ER**

Available in three unique designs and multiple sizes to fit your pressure injury prevention and/or wound management needs.

ALLEVYN LIFE

ALLEVYN LIFE
Sacrum

ALLEVYN LIFE
Heel

Common pressure injury risk factors for ICU patients[21-22]

Know these risk factors

1. Advanced age
2. Length of stay
3. Prolonged lack of mobility
4. Vasopressor administration infusion
5. Cardiovascular disease
6. Sedation
7. Inability to self-turn or reposition
8. Mechanical ventilation
9. Incontinence

Follow these guidelines to keep your patients free from pressure injuries:

- Identify at-risk patients[6,21,24]
  - The Braden Scale *(score <18)* or other risk-assessment scores
  - Over the age of 70
  - Diabetes
  - Surgery lasting longer than four hours
- Inspect skin thoroughly and often[1]
- Adhere to your institution's pressure injury prevention guidelines
- Appropriately document your efforts[1,4]
- Work together to streamline prevention processes[25]
- Use a soft silicone multi-layered foam dressing to protect the skin of individuals at risk for pressure injuries—continue to implement other preventive measures when using dressings[3,26]

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Did you know?

56%

incidence of pressure injuries in critical care settings (prevalence may reach 82%)[23]

1 in 3

pressure injuries in hospitalized adult patients are related to medical devices[29]

See how ALLEVYN◊ LIFE can work with a variety of medical devices.

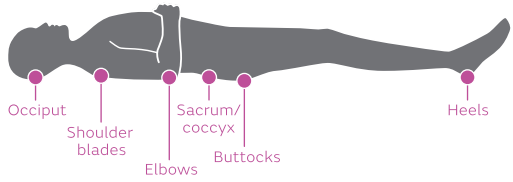
Learn More

Common points of pressure[4,27]

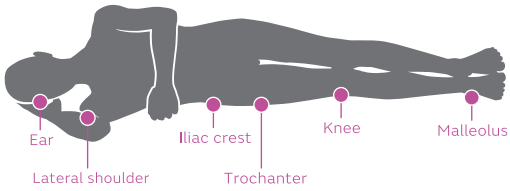
Most common locations:

- Sacrum
- Back
- Buttocks
- Heels
- Occiput
- Elbows

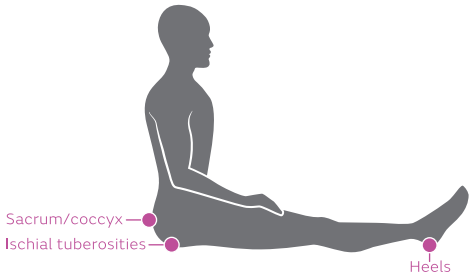
Supine position



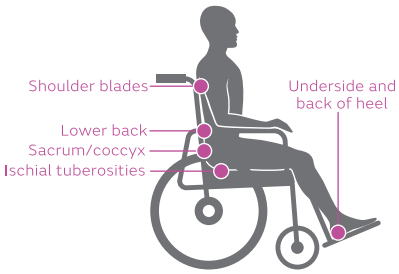
Lateral position



Sitting position



Wheelchair position



Protection against device-related injuries:[28]

Device	Area at risk
(NIPPV) Non-invasive positive pressure ventilation/BIPAP	Forehead, nose, cheeks
Nasotracheal tubes/nasal cannulas	Nose, cheeks, ears
Wrist brace	Hands
Nasal cannula/oximetry probe	Ears
Cervical collar	Chin, clavicle

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Common pressure injury risk factors for OR patients[30]

Know these risk factors

1. Time in OR bed or surgery lasting more than 2.5 hours
2. Positioning of patient and devices
3. Warming devices
4. Anesthesia and sedation
5. Vasoactive medications
6. Instrumentation (e.g., retractors)
7. Type of surgery
8. Intraoperative hemodynamics such as diastolic pressure <60mmHg

Did you know?

45%

of healthcare-acquired pressure injuries occur in surgical settings[31]

33%

higher risk of pressure injury development for every 30 minutes of surgery beyond four hours[32]

See how ALLEVYN◊ LIFE can work with a variety of medical devices.

Learn More

Follow these guidelines to keep your patients free from pressure injuries:

Use validated screening tools to identify at-risk patients[33-34]

- **Use Scott Triggers to identify patients at high risk (two or more of the following)**

  Age greater than 62 years
  1. Serum albumin < 3.5 g/dL
  2. ASA Score >3
  3. Anticipated time in the OR >3 hours *(180 minutes)*

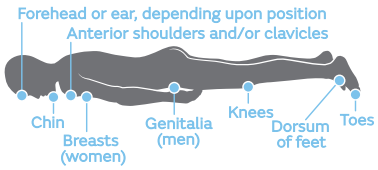
- **Determine risk using the Munro Scale at three time points**
  1. Pre-operative: 7-14 = moderate risk; 15 or greater = high risk
  2. Intraoperative: 14-24 = moderate risk; 25 or greater = high risk
  3. Post-operative: 16-28 = moderate risk; 29 or greater = high risk

- Perform a thorough assessment of skin condition before, during and after surgery[4,35]
- Adhere to your facility's pressure injury prevention guidelines
- Appropriately document your efforts[4,35]
- Work together to streamline processes related to prevention[36]
- Use a soft silicone multi-layered foam dressing to protect the skin of individuals at risk for pressure injuries—continue to implement other preventive measures when using dressings[3,37]

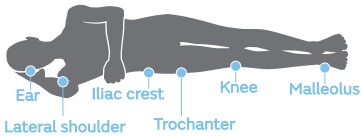
Common points of pressure[4,5,38-42]

Pressure injuries can appear within 48 to 72 hours after surgery.

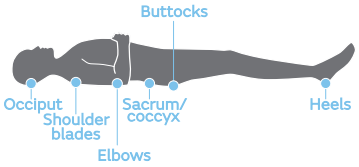
Prone position



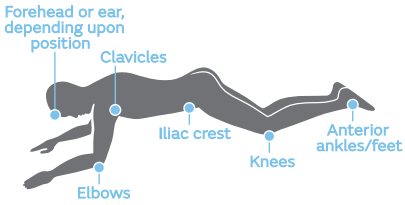
Lateral position



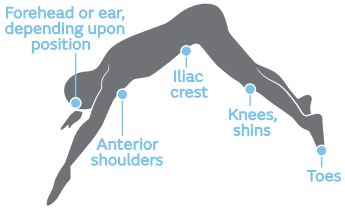
Supine position



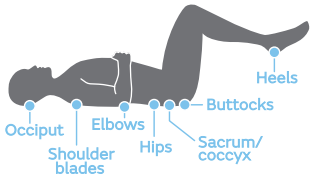
Wilson Frame position



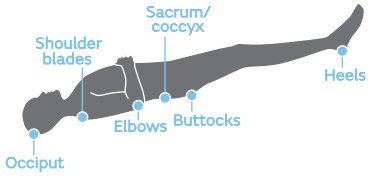
Jackknife position



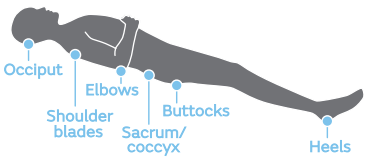
Lithotomy position



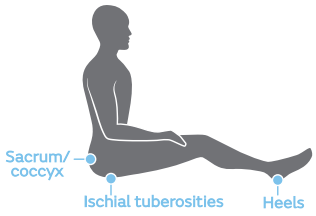
Trendelenburg position



Reverse Trendelenburg position



Sitting/Modified Sitting position



Most common locations of pressure injuries:[17] ▪ Ischium *(28%)* ▪ Sacrum *(17-27%)* ▪ Trochanter *(12-19%)* ▪ Heel *(9-18%)*

Protection against device-related injuries:[24,28]

Device	Area at risk
(NIPPV) Non-invasive positive pressure ventilation/BIPAP	Forehead, nose, cheeks
Nasotracheal tubes/nasal cannulas	Nose, cheeks, ears
Wrist brace	Hands
Nasal cannula/oximetry probe	Ears
Cervical collar	Chin, clavicle
Splint	Heels
Straps	Ankles, arms, hips, etc.
Backboard	Occiput, shoulders, back

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Common pressure injury risk factors for ER patients[43]

Did you know?

Up to

19%

of patients in the ER will develop a pressure injury[45]

99.2%

of patients who develop a pressure injury are in the ER for more than two hours[44]

See how ALLEVYN◊ LIFE can work with a variety of medical devices.

Learn More

Know these risk factors

1. Age >70
2. Dehydration and poor nutrition
3. Moist skin
4. Braden score
5. Poor sensory reception
6. Comorbid conditions (diabetes, pulmonary disease)
7. Spinal immobilization and/or cervical collar use
8. Poorly padded ER equipment and restrictive positioning
9. Prolonged immobilization
10. Head-of-bed elevation

Follow these guidelines to keep your patients free from pressure injuries:

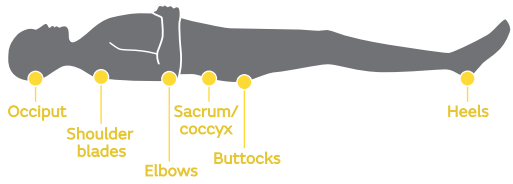
- Timeliness is essential – pressure injuries can develop in as little as two hours[44-45]
- Identify patients at high risk using:[6]
  - The Norton Scale *(score <14)*
  - The Braden Scale *(score <18)*
  - Other risk-assessment tools
- Inspect skin thoroughly and often[1]
- Application of a prophylactic dressing should be initiated as early as possible in the care pathway, *i.e. in the Emergency Room*
- Adhere to your institution's pressure injury prevention guidelines
- Appropriately document your efforts[1,4]
- Work together to streamline prevention processes[26]
- Use a soft silicone multi-layered foam dressing to protect the skin of individuals at risk for pressure injuries—continue to implement other preventive measures when using dressings[3,27]

Common points of pressure[4,5]

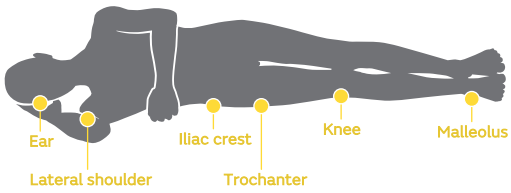
Most common locations:[27,38,41]

- Sacrum
- Back
- Buttocks
- Heels
- Occiput
- Elbows

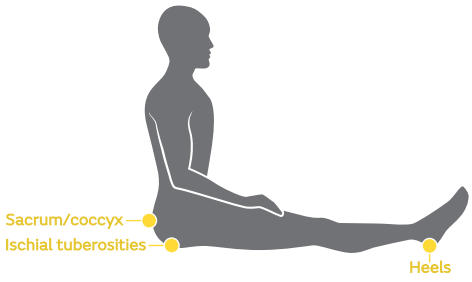
Supine position



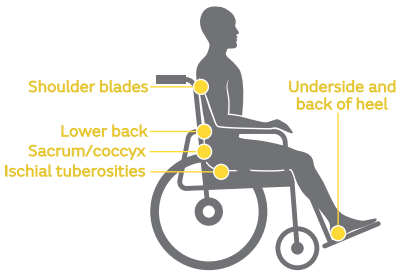
Lateral position



Sitting position



Wheelchair position



Most common risk areas related to medical device injuries:[24,28]

Device	Area at risk
Cervical collar	Chin, clavicles
Wrist brace	Hands
Splint	Heels
Wraps	Elbows
Straps	Ankles
Backboard	Occiput, shoulders, back

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ALLEVYN◊ LIFE: Helping you get CLOSER TO ZERO™ pressure injuries.

From maintaining a moist wound environment that's conducive to healing,[8,16] to helping protect against pressure injuries as part of standard prevention protocol,[19,20] ALLEVYN LIFE Foam Dressings help patients get back to their best life.

ALLEVYN LIFE Product Ordering Codes

Product number	Dressing sizes		Dressings per box
	Border to border	Pad size	
66801067	4in x 4in	2in x 2in	10
66801068	$5\frac{1}{16}$in x $5\frac{1}{16}$in	3in x 3in	10
66801069	$6\frac{1}{16}$in x $6\frac{1}{16}$in	4in x 4in	10
66801070	$8\frac{1}{4}$in x $8\frac{1}{4}$in	6in x 6in	10
66801304	Heel 9in x $9\frac{1}{8}$in	$7\frac{7}{8}$in x 8in	5
66801306	Sacrum $6\frac{3}{4}$in x $6\frac{7}{8}$in	$4\frac{7}{8}$in x $3\frac{5}{16}$in	10
66801307	Sacrum $8\frac{1}{2}$in x 9in	$6\frac{3}{4}$in x $4\frac{13}{16}$in	10

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