

Accora

Mattress Guide



Introduction

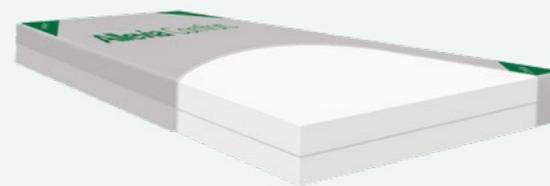
This document is intended to provide guidance for healthcare professionals prescribing **Allevia** mattresses.

It is important to note that prescribing mattresses is a professional decision and whilst we (Accora) are able to describe our mattresses, we are not qualified to prescribe.

We are often asked what Waterlow, Purpose T, Braden score or assessment decision our mattresses are appropriate for. A direct answer to this question is not straightforward, as many of the factors contributing to a Waterlow, Purpose T, Braden score or assessment decision are beyond the scope of a mattress (i.e. continence, medication, build etc.). We are however able to give broad guidance on what level of risk our mattresses are appropriate for.

A risk assessment tool such as Waterlow, Purpose T and Braden etc. is intended to be an 'aide memoir' to help arrive at a risk level for an individual. Such a scale should not be used arbitrarily to assess a user's pressure care equipment requirements and is no substitute for clinical judgement.

The overriding principle regarding pressure care is that it comes down to the risk assessment of each individual. In addition to this, regular and consistent monitoring is important.



Allevia Comfort

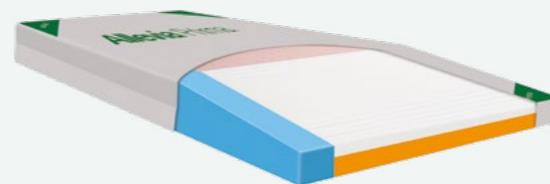
This mattress has a base layer of high-density foam for support, with a top layer of soft, pressure-reducing visco foam. The cover is made of four-way stretch, vapour permeable fabric, for additional comfort.



Allevia Comfort FirmEdge

The firm edge on the sides and ends of the mattress offers more support for transfers, and helps service users orient themselves in the bed. The firm edge also reduces the gaps between the mattress and head and foot board, to help reduce any risk of entrapment.

Suitable for use with Junior Kit



Allevia Prima

The specialist design and use of multi-stretch material enables the very best pressure re-distribution for most patient groups. The pressure-reducing castellated central zone maximises re-distribution in the most vulnerable areas, so that the mainstream patient weight can be managed effectively.



Allevia Duo

This mattress uses a step-up/step-down hybrid foam system with extra quiet pump (when used as dynamic mattress), and foam-filled alternating cells which provide comfort as well as therapy. The mattress can also be used without a pump for high-risk residents, and features a clinically proven heel slope to help minimise heel surface contact.

Suitable for use with Junior Kit



Allevia Duo Plus

This mattress uses a step-up/step-down hybrid foam system with extra quiet pump (when used as dynamic mattress), and foam-filled alternating cells which provide comfort as well as therapy. The mattress can also be used without a pump for high-risk residents, and features a heel slope to minimise surface contact and a top layer of visco foam for comfort.



Allevia Sense

This mattress uses a dynamic mattress system with alternating cells for pressure relief. The cells are 19 cm deep to provide deep immersion, and the heel slope is created by lower heel cells. The auto weight pump features an adjustable comfort setting with the option of constant low pressure therapy.

Essential considerations

Choosing the mattress is just one part of the **pressure management assessment** and **treatment plan** and there are many other essential considerations.

- The person's ability to reposition independently or whether they require support to do this safely
- The frequency of repositioning required
- The length of time they remain in bed in a 24-hour period
- Their general skin integrity
- Previous history of pressure ulcers and the severity of those that have occurred
- Impaired nutrition and/or hydration
- Low or excessive weight or malnutrition
- Continence issues and use of continence pads
- Poor posture and positioning in bed

Please note: this must all be taken into consideration along with an individualised care plan and assessment.

There are **two key variable factors** when considering pressure damage:

1

Level of risk of developing pressure damage:

This is a professional judgement and an 'aid memoir' such as Waterlow, Purpose T or Braden should be used to assess the risk.

2

Category of any existing pressure damage and anatomical location of pressure damage.

Prescription of pressure mattresses is a rather challenging area, and we hope this document helps to provide some direction.

In this context, the fact that all the **Allevia** mattresses have a water-resistant, 4-way stretch and vapour permeable cover and also have pressure-reducing or redistributing qualities in addition to being available for quick delivery, helps make mattress prescription easier and less costly.

Choosing the right mattress

Following the steps below will guide your choice of mattress, according to risk assessment, clinical judgement and essential considerations.

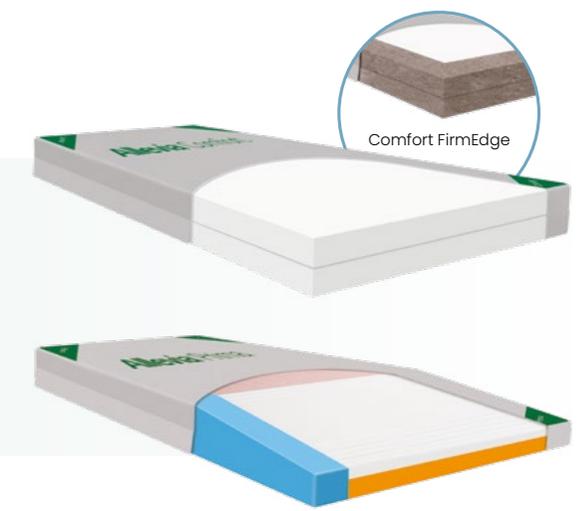


Allevia Comfort FirmEdge

High Specification Foam. **Weight limit:** 168 kg (25 st)

Allevia Prima

High Specification Foam Heel Slope Mattress. Foam wall edges to aid transfers. **Weight limit:** 168 kg (25 st)

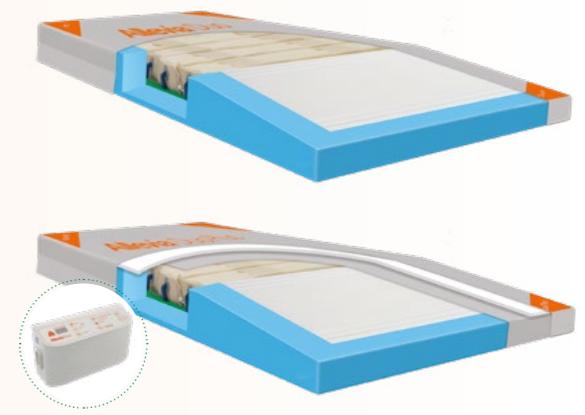


Allevia Duo / Duo Plus without pump

Consider mobility/activity, time spent in bed and impact of mattress on independent movement. Foam wall edges to aid transfers. Adjustable weight setting for pressure and comfort levels. **Weight limit:** 248 kg (39 st)

Allevia Duo / Duo Plus with pump

Consider mobility/activity, time spent in bed and impact of mattress on independent movement. Foam wall edges to aid transfers. Adjustable weight setting for pressure and comfort levels. **Weight limit:** 248 kg (39 st)



Allevia Sense

Dynamic Replacement Alternating Air Mattress with Heel Slope. Auto weight sensor, seating mode if required. **Weight limit:** 249 kg (39 st)



Useful reference links

One of the most useful websites we have found is <https://www.nationalwoundcarestrategy.net/> which has some really useful information around pressure ulcer prevention and treatment.

The following website links are helpful for understanding pressure ulcers and risk assessment etc

- <https://www.nationalwoundcarestrategy.net/>
- <https://www.nationalwoundcarestrategy.net/wp-content/uploads/2021/07/Pressure-ulcer-categorisation-poster.pdf>
- <http://www.judy-waterlow.co.uk/downloads/Waterlow%20Score%20Card-front.pdf>
- <http://www.bradenscale.com/images/bradenscale.pdf>
- The recent Pressure 2 Study discovered that there was no significant difference in the likelihood of developing a pressure ulcer found between Alternating Air Mattresses and high specification foam mattresses with a postural management programme implemented in the hospital setting. Some benefit was found within the 1st 30 days of treatment in those who were malnourished, completely immobile, lacked capacity and had skin changes already. *Pressure Relieving Support Surfaces for Pressure Ulcer Prevention (PRESSURE 2): Clinical and Health Economic Results of a Randomised Controlled Trial. The Lancet 14, September 01 2019 p42-54*
[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(19\)30138-5/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(19)30138-5/fulltext)

Accora pressure ulcer webinars

Accora has a series of pressure ulcer webinars which are available to access at any time for free via our website:

<https://accora.care/gb-en/webinars/>

<https://fast.wistia.net/embed/channel/61y7tj13wi>

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