

The Use of a QUATTRO OVERLAY™ Mattress System in the Treatment of a Grade 3 Pressure Ulcer

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Case Study

Mrs Smith was a frail lady in her late eighties who had been admitted into a nursing home due to poor mobility, circulatory problems and impaired mental state. Her nutritional intake was very poor and she suffered with faecal and urinary incontinence. The Waterlow risk score (*Waterlow, 1988*) was used to assess all residents and Mrs Smith was found to be at risk of developing pressure ulcers. A pressure reducing foam mattress overlay was provided and staff continued to undertake regular reassessments.

Over time, Mrs Smith's health slowly deteriorated and she became reluctant to mobilise. Her Waterlow score had risen to 25, indicating that she was at very high risk of developing a pressure ulcer. Staff noticed a red blanching area on the patient's sacrum. Mrs Smith was



placed on bed rest and a two hourly turning regime was introduced. Dietary intake remained poor and nutritional supplements were added

to her diet. The sacral area did not improve and a Grade 3 pressure ulcer (*EPUAP, 1999*) developed.

Method

A QUATTRO OVERLAY™ alternating air pressure mattress overlay system was introduced to assist in the healing of the pressure ulcer and to prevent further tissue breakdown. Mrs Smith continued on bed rest with strict two hourly turns. The wound was dressed according to the local wound care policy, maintaining a moist environment. To aid the healing process and

reduce the risk of further tissue damage a catheter was inserted. Mrs Smith dietary requirements were reassessed and high-calorie supplements were introduced.



Results

By day 9 the pressure ulcer had started to reduce in size and granulation tissue was evident. The pressure ulcer continued to improve as it decreased in size and epithelialization was seen. By day 54 Mrs Smith was able to sit out of bed for a few hours a day using the B.A.S.E.™ SEQUENTIAL cushion. By day 61 the pressure ulcer had completely healed.



Mrs Smith remains at high risk of developing further pressure ulcers and continues to use the QUATTRO OVERLAY™ as a preventative measure, together with the B.A.S.E.™ SEQUENTIAL cushion to allow her to change her social surroundings.

Conclusion

In conjunction with nutritional supplements, appropriate dressing regimes and two hourly turns, there is no doubt that the QUATTRO OVERLAY™ aided the healing process of Mrs Smith's sacral pressure ulcer.