

# Foot WAFFLE® Heel Cushion Case Study

By: Janice Mentz RN, BSN, CETN  
VNA of Northern Virginia

## ■ **Patient Information: Mrs. V.B.**

- 76 year-old female
- Height: 5 feet 9 inches
- Weight: 141 lbs.
- Regular diet, needs assistance with meals.
- Diagnoses:
  - Fractured Pubic Tubercle 11/19/96
  - Right Heel Pressure Ulcer 1/16/97
  - CVA in 1994
  - Diverticulosis
  - Ventricular Hypertrophy
  - Osteoporosis
- Limited communication skills.
- Needs encouragement and assistance to ambulate. Only ambulates short distances with a walker due to pain.
- Stays in bed most of the time.
- Caregiver assists with ambulation and meals.
- Home Health Services:
  - Physical Therapist (PT) for gait training, fracture precautions and positioning.
  - Skilled Nursing (SN) for medication teaching and wound management.
  - Home Health Aid for personal care needs.



Figure 1. 1/24/97 3 cm. x 1.25 cm.  
90% Yellow Slough  
(Unable to Stage)

## ■ **Initial Findings:**

Pressure ulcer on heel first identified by PT on 1/16/97 with wound measuring 2.5 cm. x 3.5 cm. Initial wound care orders: elevate the heel on a pillow and apply Tegaderm™ dressing to cover and protect the area. Initial ET nurse assessment on 1/24/97 (Figure 1) found the peri-wound area macerated and the pillow ineffective at keeping the heel elevated. Even though the wound could not be staged until the necrotic tissue was debrided, the clinician suspected the wound to be a shallow Stage III.

■ **Solutions:**

Revised treatment plan initiated 1/24/97 included the Foot WAFFLE® Heel Cushion for heel elevation since the pillow was ineffective.

Topical treatment:

- cleanse the wound with NaCl, or alternatively, the patient may shower
- dry the area
- apply Tegaserb™ dressing, change every 3-4 days
- apply Foot WAFFLE® Heel Cushion when not ambulating.

Tegaserb was the dressing of choice to help resolve the maceration of the peri-wound area and for autolytic debridement of the yellow slough.

■ **Outcomes:**

The wound healed within three weeks (Figure 4) of starting the revised treatment plan. Despite limited communication skills, when the Foot WAFFLE® Heel Cushion was removed to change the dressing or to ambulate, Mrs. V.B. said, “No, no,” and frantically pointed to the Foot WAFFLE®. She said, “Good,” smiled, and nodded her head when it was replaced to elevate the heel.



**Figure 2.** 1/28/97 2 cm. × 1 cm.  
55% Yellow Slough  
25% Granulation Tissue  
20% Epithelialization Tissue



**Figure 3.** 2/4/97 0.3 cm. × 1 cm.  
40% Granulation Tissue  
60% Epithelialization Tissue



**Figure 4.** 2/11/97 Healed

EHOB, Inc.  
250 N. Belmont Avenue  
Indianapolis, IN 46222  
317.972.4600  
Fax: 317.972.4601  
<http://www.ehob.com>

© 1997 EHOB, Inc.

WAFFLE® is a registered trademark of EHOB, Inc. Tegaderm™ and Tegaserb™ are registered trademarks of 3M.