

TO SIT OR NOT TO SIT - SHOULD YOUR CLIENTS TAKE IT LYING DOWN?

W. DARREN HAMMOND, MPT, CWS

The ROHO Group, Inc.

Historically, when an individual has a pressure ulcer on the sitting surface, recommendations and treatment plans usually consist of decreasing sitting times in a wheelchair and increasing time spent in bed. While, this management concept is still being utilized in various care settings, more clinicians understand the importance of limiting bed rest and begin controlled sitting on appropriate wheelchair support surfaces while the pressure ulcer is still present. However, there is limited evidence to support this variation in a historical plan of care with someone with pressure ulcers. When an individual incurs a pressure ulcer, most often they lose valuable time from their lives; unable to work, unable to interact with society and their community and ultimately unable to maintain their quality of lifestyle they have become accustomed to. Without appropriate rationale to support the proposed controlled sitting options and buy-in from the patient and the entire healthcare team, the patient quite often will rebel with the recommendation of fulltime bed rest until the sore heals resulting in decreased integrity of the pressure ulcer. Modifications must begin to occur in this treatment strategy so an individual has improved quality of life without compromising the healing process of the pressure ulcer.

This interactive workshop will discuss current best evidence regarding the rationale to sit someone in a wheelchair while they have a pressure ulcer. With clinicians being challenged to progress a patient's progress with functional activity and patients hate being limited in bed for a long period of time, it is imperative a paradigm shift occur in the development of treatment plans. Following this workshop, participants will have a better understanding of when they could potentially sit an individual with a pressure ulcer to continue with therapy or functional mobility and when it may be contraindicated in the plan of care. A better understanding of the physiology behind sitting someone with a healing pressure ulcer will be reviewed with case reports used to facilitate discussion. Participants will also be able to discuss the best evidence which needs to be incorporated in the plan of care when a decision is made to sit someone with a healing pressure ulcer. In addition, the workshop will review the importance of learning the signs and symptoms whereby sitting someone with a healing pressure ulcer may be contraindicated. Finally, discussion will also revolve around appropriate equipment selection to better manage the client when a decision has been made to sit them.

Speaker Bio

Darren can be reached at: darrenh@therohogroup.com