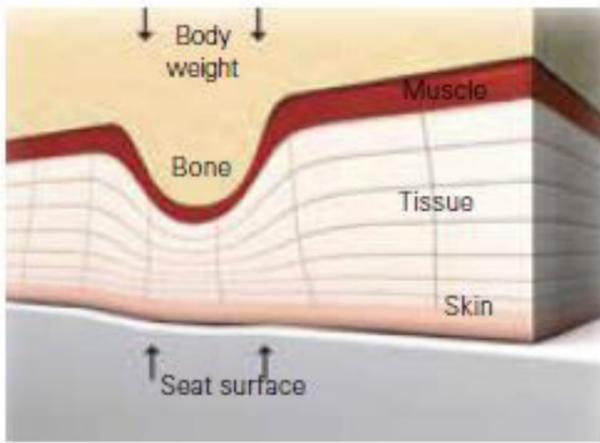


MATTRESS CARE



Why do you need to test your mattresses?

- Foam, like body tissue, doesn't respond well when exposed to long term compression and moisture
- The connection between damaged, contaminated mattresses and the outbreak of bacteria infections has been heavily documented
- It is recommended the condition of a mattress is checked regularly - ideally every 6 months, or at the very least every 12 months.
- The results of these regular audits should be recorded on mattress audit forms (available from Invacare)
- The focus should be on the quality of the surface, ensuring it is free from infection and that it retains its pressure reducing properties
- A Tissue Viability Nurse (TVN) or Infection Control Nurse (ICN) should be involved in the test

The following information is a guide only.

How to check a mattresses

1. Mattress Type

Identify the mattress type and check if it has specific features

2. Mattress Depth

Measure the mattress depth using a ruler. Check if the foam mattress (not including any overlay) has the same depth as per original specification.

3. Cover Condition

The mattress cover should be carefully checked both internally and externally, looking for visible evidence of wear and tear. This might include:

- Damage e.g. splits, tears, punctures
- Blistering of the top laminate
- Broken seams
- Staining along zip lines
- Staining of the interior cover or foam
- Staining of the exterior cover*
- Check the cover is appropriate for the type of mattress

* Remember to take extra care when looking for stains on dark or patterned covers

If the foam is contaminated, the mattress should be withdrawn from service immediately and the cover replaced. If the foam and cover are contaminated, the whole mattress should be replaced. Failure to do so poses a significant risk of infection to both the patient and care staff.

In the event the cover fails the audit, only the cover needs to be replaced. To avoid significant risk of pressure damage or friction to the patient, it is imperative that the new mattress cover fits correctly. If there is any doubt about the size of the cover, contact Invacare.

4. Foam Condition

a) Bottoming Out

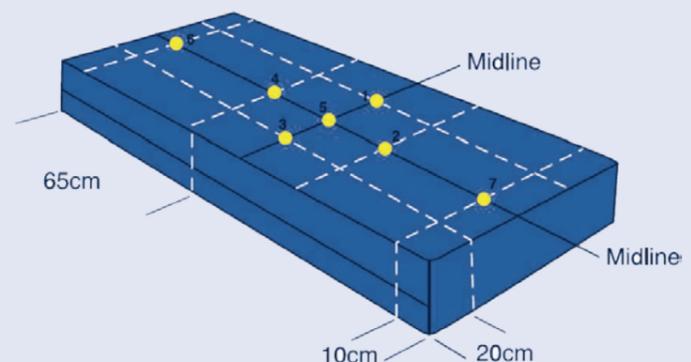
Check if the foam has bottomed out - this is where the base of the bed can be felt through the mattress during testing. The recommended methods of determining whether bottoming out is taking place is the 'Fist Test'.

To undertake the 'Fist Test':

- 1) Make sure the top of the mattress is level with your greater trochanter (hip bone)
- 2) Ensure the mattress cover is correctly on the mattress
- 3) Stand at the side of the bed
- 4) Link hands to form a fist - keep elbows straight
- 5) Lean forward with body weight and push the fist into the mattress along the seven points indicated below



In the event of bottoming out, the mattress should be withdrawn from service immediately. Failure to do so may expose the patient to a high risk of pressure damage.



b) Inner foam core

Unzip the mattress cover and examine the inner foam core for evidence of the following:

- Dampness
- Staining
- Malodour

If any of these problems are found, it is recommended the mattress is withdrawn from service immediately. It may pose a significant risk of infection to both patient and staff.

Points to remember

Every new mattress should be allocated a number and a note made of the day it was put into service