



**HME**

HOME HEALTH

# **MATTRESS GUIDE**

CREATED FOR HEALTHCARE PROFESSIONALS

# HME Home Health's Mattress Guide

## For Healthcare Professionals

Our team of delivery, installation, and service specialists are trained caring professionals with extensive product knowledge and a sincere desire to deliver the comfort items you need. We deliver, set up, and install all of the items we sell.

HME Home Health has a clear understanding of our responsibility in getting the right products to those in need as quickly and efficiently as possible. Our reputation for being a timely and trustworthy distributor has helped us to become BC's premier choice for mobility and home care products.

This Mattress Guide has been created by Brian Quach and Brianna Germain in association with HME Home Health.



## Therapeutic Support Surfaces Vs. Traditional Mattresses

Therapeutic Support Surfaces are specially designed to provide comfort, and support, and reduce the risk of developing pressure injuries by redistributing the user's weight to reduce pressure points. The Therapeutic Surface is an integral part of the hospital bed and is designed to fit, bend, and move with the hospital bed.

## What is a Low Air Loss & Alternating Pressure Mattress?

### Low Air Loss (LAL):

The passage of air through small holes in the air mattress allows air to flow through the mattress and control the surface temperature and humidity.

### Alternating Pressure:

Achieved by the controlled inflation and deflation of air cells that line the mattress surface, alternating pressure therapy allows for vulnerable tissue that is under high pressure to be physically offloaded while continuously changing pressure points. The movement of the cells promotes blood flow (and oxygenation) into the tissues.

### Low Air Loss Alternating Pressure Mattress Benefits:

Powered therapeutic surfaces combining Low Air Loss and Alternating pressure therapies reduce pressure from high-risk areas and actively control the microclimate to maintain skin integrity and promote wound healing.

### Pressure Redistribution:

The ability of a support surface to distribute a load (the patient's weight) more evenly over the contact areas of the body reduces pressure points over bony areas.

### Pressure Injury:

Breakdown of the skin and underlying tissues, primarily caused by prolonged pressure and tension against the skin. Risk factors for pressure injuries include the buildup of heat and moisture, friction and shear from sliding and bed movement, decreased mobility, limited sensation, reduced circulation and poor nutrition.

# Selecting the Right Mattress



## Pressure Injury Risk

The potential for an individual to develop skin breakdown. Risk Factors include pressure, friction, shearing, incontinence, lack of sensory perception and health factors related to nutrition status and medical conditions that affect blood flow (ex. Diabetes).

Low Risk: A mobile Individual, who has healthy, intact skin and adequate sensation to promote movement.

High Risk: An immobile individual, who has a history of pressure injuries, and poor skin health.

## Pressure Injury Stages

Stage 1	Intact skin with prolonged redness over a localized area of pressure
Stage 2	Shallow open ulcer or blister in the top two layers of the skin (epidermis)
Stage 3	Full thickness tissue loss affects the epidermis and the underlying tissues
Stage 4	Full thickness tissue loss exposing the muscle, tendons, ligaments, and bone

## Areas of Consideration

Pressure Redistribution	Ability of the mattress to redistribute pressure off high-risk areas of the body through increasing surface contact, immersion, and envelopment.	1 = Good 10 = Excellent
Firmness	How hard or soft the surface feels, and it conforms to body contours.	1 = Soft 10 = Hard
Heat	The surface material's ability to draw heat away from the body and reduce the buildup of humidity.	1 = Warm 10 = Cool
Transfers	Lateral stability of the surface assists with transfers in/out of bed. Firm transfer borders provide resistance to push against.	1 = Difficult 10 = Easy
Bed Mobility	Foam's ability to push against the weighted load on the surface. The higher the rating the easier it is for a person to roll and move in bed.	1 = Poor 10 = Excellent



## Foam Surfaces

### What is a Foam Surface (Hospital Mattress)?

Foam surfaces (used in hospitals, long-term care facilities, group homes or other therapeutic settings) are often constructed with multi-density layers and specified "immersion" zones. These mattresses are created to redistribute pressure, reduce the risk of pressure injury risk, and manage ongoing skin issues depending on the underlying cause. Foam surfaces require minimal setup and maintenance.

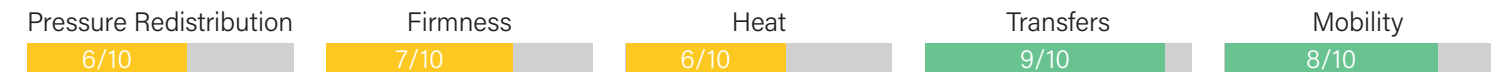
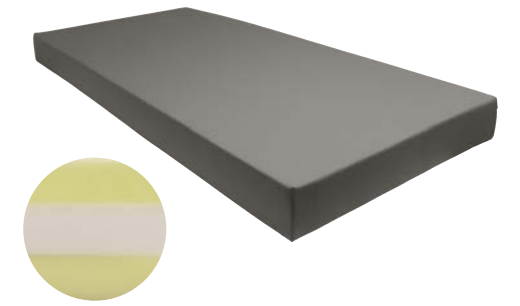
### HME Signature Series Luna Mattress

- Designed as a single block piece of foam for users at lower risk of skin issues.
- The high-quality foam ensures durability and a consistent feel for ongoing comfort.
- Fluid-resistant non-allergenic, antibacterial, and antimicrobial machine washable emulsion cover.
- The 4-way stretch premium mattress cover and center line zipper (with flap) is incontinence resistant, breathable and reduces shearing and friction.
- Weight Capacity: 300 lbs.
- Dimensions: 36" W x 80" L x 6" H



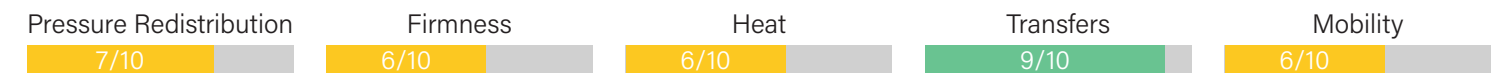
### HME Signature Series Otter Mattress

- 3-Layer foam promotes contour and immersion for high-risk areas of the body.
- Full height transfer borders assist transfers and reduce the risk of entrapment.
- Fluid-resistant non-allergenic, antibacterial, and antimicrobial machine washable emulsion cover.
- 4-way stretch cover with welded corners and bottom zipper help protect against fluid incursion.
- Weight Capacity: 300 lbs.
- Dimensions: 36" W x 80" L x 6" H



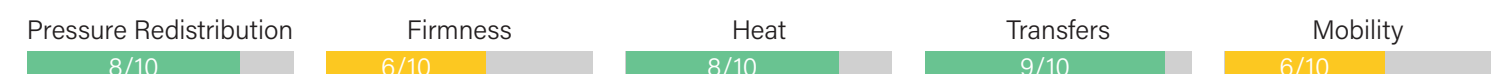
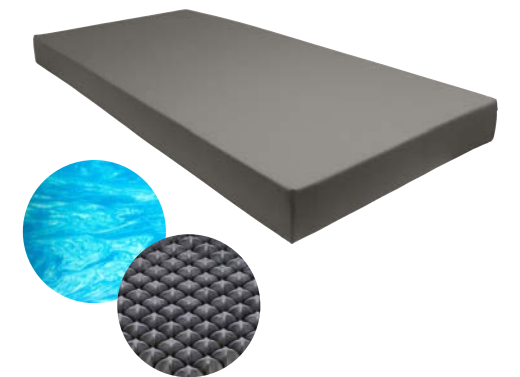
### EMP LTC 4000 Ultra 55 Mattress

- Gel-infused viscoelastic reduces heat build-up and assists in temperature control.
- Fluid-resistant non-allergenic, antibacterial, and antimicrobial machine washable emulsion cover.
- The 4-way stretch premium mattress cover and center line zipper (with flap) is incontinence resistant, breathable and reduces shearing and friction.
- Full height transfer borders promote ease of transfers and reduce the risk of entrapment.
- A 2" medium-plush viscoelastic foam topper ensures comfort and immersion.
- Weight Capacity: 450 lbs.
- Dimensions: 80" L x 6" H x (width variety includes 35", 36", 39", 42", 48", 54", 59")



### HME Signature Series LTC 9000 Mattress

- Adjustable Pressure Redistribution: Versatile design allows for multiple configurations to meet specific and ongoing positioning and management needs.
- Gel-infused viscoelastic foam sections create a cooler sleep surface.
- Foam can be replaced with air sections such as Roho® Dry Flotation sections for higher-risk users who require greater immersion and airflow.
- A firm transfer border allows for safe and stable transfers out of bed.
- Fluid-resistant non-allergenic, antibacterial, and antimicrobial machine washable emulsion cover.
- The 4-way stretch premium mattress cover is incontinence resistant, breathable and reduces shearing and friction.
- Weight Capacity: 350 lbs.
- Dimensions: 35" W x 80" L x 6" H; 36" W x 80" L x 6" H; 39" W x 80" L x 6" H



## Low Air Loss Alternating Pressure Mattress



### HME Signature Series Dove Mattress

- Designed to prevent and manage skin injuries using alternating pressure and micro low air loss technologies exclusively designed in Canada for HME Home Health.
- The 'Quick-Start' feature, it requires little set-up and maintenance and is ideal for all patient care environments. Sets the optimal pressure and eliminates the need for caregiver adjustments.
- The surface offers protection and comfort through its contoured cell design, 8" surface height and static head section. Designed for use with most homecare and hospital beds and side rails.
- Micro Low Air Loss: Constant flow of air to maintain constant temperature and humidity.
- EasyCover: Cover easily removed for cleaning/disinfecting and can be laundered. Ease of cleaning ensures infection protection.
- Automatic Auto Fowler: Adds extra air to support the hips and lower back when the head of the bed is raised above 30 degree angle.
- Weight Capacity: 350 lbs.
- Dimensions: 36" W x 80" L x 8" H



Pressure Redistribution	Firmness	Heat	Transfers	Mobility
9/10	ADJUSTABLE	9/10	4/10	4/10

### Evergreen Medical Products OpalAir LAL Mattress

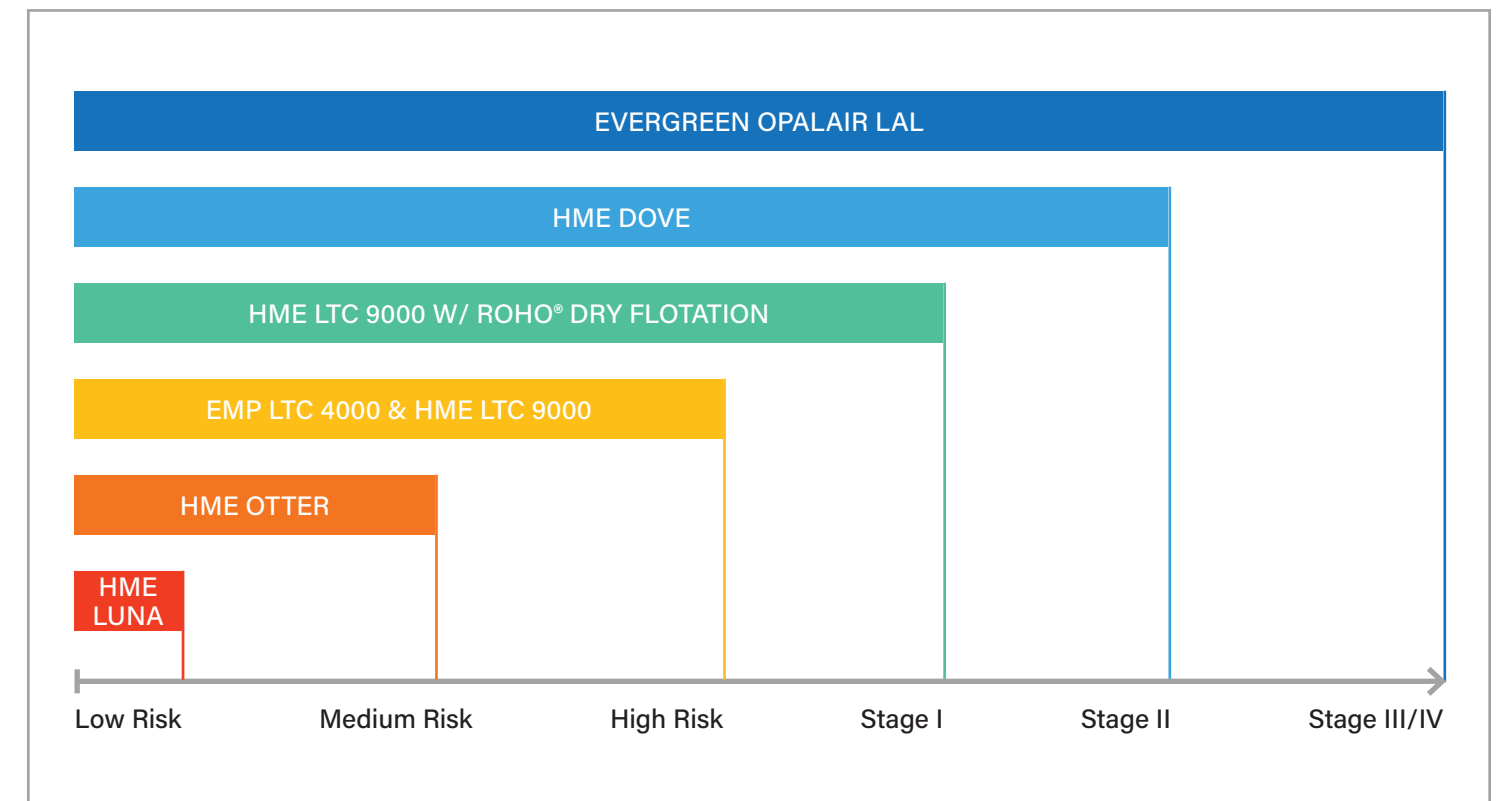
- The OpalAir has clinical features to reduce agitation while enhancing skin protection and comfort to promote an environment conducive to restorative sleep and healing.
- Deep cell design facilitates maximum immersion and offloading to reduce pressure on areas of high risk of skin breakdown
- 1-in-3 air cells gently inflate and deflate to enhance pressure redistribution and promote blood flow to high-risk tissues allowing greater oxygenation and healing. 'SmoothCell' technology facilitates gentle cell movement and ensures clients remain stable and unaffected by the surface movement.
- Auto-Detect technology automatically calibrates optimal pressure based on body-weight and surface area. This improves the efficiency of set-up, reducing the need for on-going caregiver adjustments.
- Auto-Fowler: Automatic increase of air to sacral/pelvic area when bedhead is raised to reduce risk of bottoming-out and ensure protection for high-risk bony areas.
- Weight Capacity: 1000 lbs.
- Dimensions: 35" W x 79" L x 10.5" H



Pressure Redistribution	Firmness	Heat	Transfers	Mobility
10/10	ADJUSTABLE	9/10	4/10	4/10



## Comparison Based on Risk/Stage of Pressure Wounds





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