

Air Flow Mattress Pump and Pad— *Training and Safety Guidelines*

For Your Safety

Following these safety guidelines will help reduce potential risks. Refer to the manufacturer website if you would like further information about your equipment.

- To avoid electrical shock, don't place liquids on or near the pump motor.
- Avoid using pins or sharp instruments near the mattress to prevent accidental puncture.
- To reduce the risk of falling, make sure the tubing or electrical cords do not block walkways.

Cleaning

- Wash the vinyl pad with mild detergent when it becomes soiled — do not use alcohol or wash by machine.
- If your device has a foam pad, it can be cleaned with warm, soapy water, rinsed well, and allowed to air dry.
- Unplug prior to wiping the motor unit with a damp cloth — do not let the water seep into the motor.

About Pressure Ulcers

Pressure ulcers, also called decubitus ulcers, pressure sores, or bed sores, are areas where the skin has broken down. They are usually caused by a lack of mobility — being confined to a bed or a chair. Pressure ulcers can be painful and can lead to serious infections.

Prevention is the best way to deal with pressure ulcers.

In addition to using the air flow mattress pump and pad, follow these recommendations:

- **Maintain a good diet.** Your skin will be stronger and healthier if you eat well and drink lots of fluids.
- **Keep the skin dry.** Moisture from sweat, urine or stool, or draining wounds makes the skin soft and prone to skin breaks.

- **Keep the bed clean.** Wrinkled sheets, tissue boxes, food crumbs, or other hard objects create uneven pressure on the skin that can lead to a pressure ulcer.
- **Change your position.** Follow a regular schedule of changing your position at least every two hours.
- **Watch for changes in your skin.** Warning signs include white skin over a bony area (indicating a lack of blood to the area) or red, warm, irritated skin. Notify your healthcare provider if you notice a breakdown in your skin.

Using the Air Flow Mattress

Your mattress will aid in the prevention of pressure ulcers by creating a massaging motion and by minimizing moisture build up.

Setup

- Remove linens from the bed.
- Locate the pad's top and bottom, head and foot, and place it on the bed.
- Hang the pump over the footboard or place it on the floor at the foot of the bed.
- Connect the tubing to the mattress ports and to the pump outlets.
- Plug the pump motor into a grounded electrical outlet.
- Turn on the machine.
- Watch to be sure that it is working — the chambers of the mattress should be alternately filling and emptying.
- Place a flat sheet over the pad and tuck it in loosely — avoid using extra layers of linen or pads on top of the vinyl mattress.

Call Intermountain Homecare & Hospice if...

- You experience any problems with your equipment.



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