



# The cushion collective

Repose Furniture, in conjunction with their in-house OT Kate Sheehan bring you everything you need to know when choosing the right cushions for your client.

**Y**ou and your client have decided on a suitable style of chair, job done right? No. The type of cushion you specify for the chair is one of the most important decisions about the chair you will make. So, what do you need to know?

## WHY IS THE CUSHION IMPORTANT?

When in a seated position the majority of your client's bodyweight is supported through their buttocks and thighs. If your client can change their position in the chair and is deemed to be low risk of pressure injury then this amount of pressure is unlikely to cause any issues. However, if this is not the case then you will be considering a pressure redistributing cushion as part of the seating solution.

## PRESSURE RISK

Pressure cushions are provided with the primary purpose of assisting to manage the risk of pressure injury that comes with prolonged sitting. It is critical that you fully understand your clients risk level when it comes to pressure. Take a holistic approach to this, looking at the main factors that increase risk of pressure injury such as age (being over 70 increases risk), reduced mobility, paralysis, obesity, incontinence, poor diet, any medical condition affecting blood supply (such as diabetes, peripheral artery disease, kidney failure or heart failure) or affecting movement (such as MS or Parkinson's). ▶

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## TYPES OF CUSHIONS?

Once you've reviewed these various factors for your client you can finalise the type of cushion they require for their individual needs. The option you choose will depend on your clients risk level and what you are aiming to achieve with the cushion but can include: pocket sprung and reflex foam combination, reflex foam, memory foam, liquid gel with reflex foam combination and manual or air alternating air cushions.

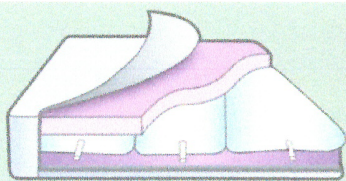
Also make sure that whichever material you use for the cushion that it is then covered in a fabric that is multi-stretch, breathable, incontinence proof and can be cleaned appropriately.

And finally always remember that the cushion is one part of the seating system. The cushion should never be the only strategy in a pressure care plan, nor should the impact that a certain type of cushion has on posture, mobility and moving in and out of the chair be overlooked. ■

### C-AIR



For more information on the full range of bespoke seating solutions available from Repose call 0844 7766001, email [info@reposefurniture.co.uk](mailto:info@reposefurniture.co.uk) or visit [reposefurniture.co.uk](http://reposefurniture.co.uk)

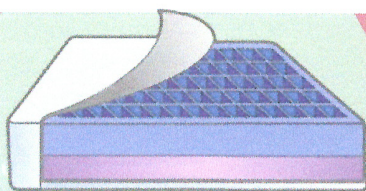
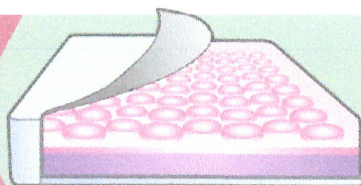


### Airform

- ✓ Memory Foam
- ✓ 3 x manual air cushions
- ✓ Reflex foam
- ✓ Pressure Risk: High

### Coolform

- ✓ Coolform gel
- ✓ Reflex foam
- ✓ Pressure Risk: Medium - High



### Celliform

- ✓ Gelacell mesh gel
- ✓ Reflex foam
- ✓ Pressure Risk: Medium - High

## Other considerations

Other important factors that you need to consider before finalising your cushion choice are:

**MOBILITY:** Can your client move themselves in the chair to redistribute their body weight? How are they going to get out of the chair? Is this by themselves or with someone assisting? Will the cushion make moving around or getting out of the chair easier or more difficult?

**POSTURE:** Are they able to maintain a good sitting posture themselves? If not, what postural support is going to be provided? Will the cushion complement this postural support plan and be an integral part of it?

### INTEGRAL CUSHION:

As part of your seating assessment you would have already taken specific measurements of your client to enable you to specify their seat dimensions. If you then place a cushion on top of the seat, sitting them higher up on the chair, it automatically becomes the wrong size for them. Not to mention the risk of the cushion moving whilst the person is sitting on it or whilst transferring in and out of the chair. To ensure none of this happens, always insist on an integral cushion as a part of your seating specification.