

# Working together to develop a foam heel dressing

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## Introduction

Whittington Health has been an integrated care organisation since April 2011. Whilst reviewing the wound management products it became clear that the availability of specific heel foam dressings on the market was limited. Advancis Medical offered to work with Whittington Health to develop a foam heel dressing that would meet our needs. This poster will discuss the process used to develop a heel shaped foam dressing.

## Method

Regular meetings were held to review all current woundcare products. A list was developed of why and when a shaped dressing, more specifically heel dressings were required. Non adhesive heel shaped foam dressings were felt to be required for use on patients with Pheripheral Vascular disease, patients with diabetes and when adhesive products were felt to cause trauma to delicate fragile surrounding skin. A review was carried out on all the foam heel dressings on the market, discussing the positive and negative elements of the current heel dressings available.

## Specification of a heel dressing

Fit tightly onto the heel and on the wound	Adequate size to cover the planter heel and not cut into the Achilles
Does not form a 'beak'	Size: 15 – 17cm x 8 – 10cm
Would not cause indentation under pressure	Conforms to fit onto all size heels – oedematous, large

A specification was developed and discussed with the Product Development Manager at Advancis Medical, who would be working with Whittington Health to develop the heel dressing. As each product was developed, the group met with the Product Development Manager and provided feedback. Once the heel shaped dressing was felt to be ready for clinical use, it was used in practice.

## Discussion

Advazorb® is a hydrophilic foam dressing with film backing manufactured by Advancis Medical since September 2011. It can be used on a variety of wounds, providing a moist wound environment for healing. Foam dressings are easy to apply and a popular choice for many wounds, most frequently chosen for wounds with moderate exudate.

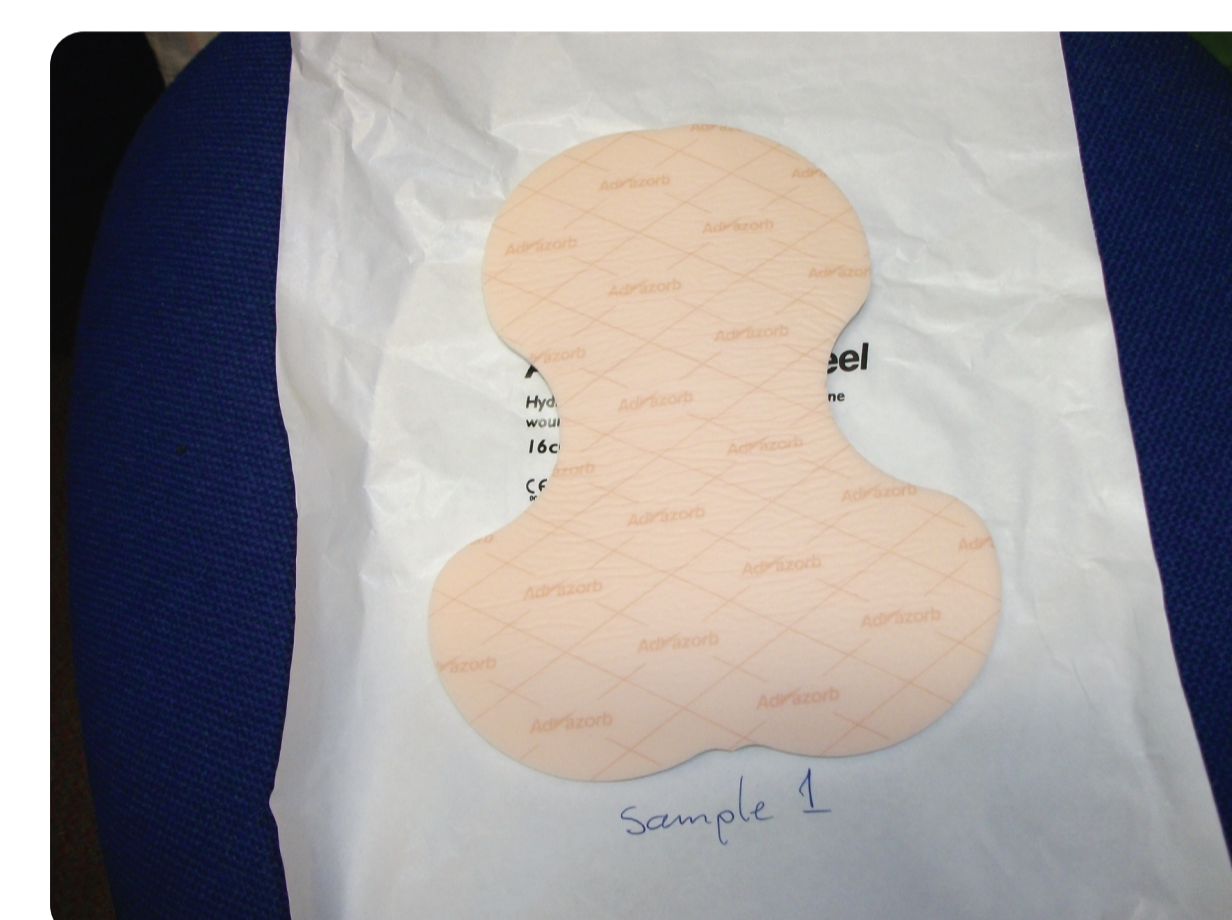
Heel shaped foam dressings are popular within the organisation for ease of use and can be used on a variety of areas on the body.

### Use of heel foam Non adhesive dressings

Heel wounds	Elbow wounds
Would not cause indentation under pressure	Fit all size heels

It took 4 prototypes and regular discussions with Advancis Medical for the group to develop the heel dressing:

Prototype 1: Flat foam in an irregular shape



Prototype 1

Prototype 2: Flat shape sewn together - This was deemed too small and could cause trauma to the Achilles area.

Prototype 3: Changes made to the length of the area which would be used as the planter aspect

Prototype 4: Final product



Prototype 3



Prototype 4

The development process involved regular reviews and communication with Advancis Medical. The initial prototypes provided amusement and excitement enhancing the experience of reviewing the wound management formulary and now we have a new product which will be included.

Working with Advancis Medical to develop a bespoke dressing enabled us, as clinicians to get a product which meets the needs of our patients and is shaped appropriately for its use, using technology which had already been trialled and tested.

## Conclusion

Foam dressings are frequently available in different shapes and sizes, although heel shaped dressings are limited on the market.

Working with Advancis Medical to develop a heel dressing has provided us with a product which meets our needs, enabling the organisation to use one brand of foam dressing, which also helps with training staff and can reduce confusion for the practitioner. We feel we have contributed to the development of a product which can be introduced into the market place for use by other practitioners.