

THE ROLE OF SEATING IN PRESSURE ULCER DEVELOPMENT

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Aim: The aim of this paper is to introduce the role of appropriate seating in the prevention of complications and to inform about the importance of seated posture in the prevention of pressure ulcers.

Methods: Current guidelines state that patients should have access to pressure relief equipment and/or strategies over 24 hours. It is essential that health professionals are able to identify inappropriate seating to prevent pressure ulcer development both on the ward and in the community setting.

Result: A seating assessment does not need to be complex. A quick check list can prevent costly complications and enable postural stability and control, prevent contractures and deformities, reduce peak pressures, maintain tissue viability, improve physiological functions including breathing and digestion, and enhance a person's ability to engage in occupation.

Conclusion: Health professionals can use a quick checklist to assist in the prevention of pressure ulcers. The importance of seating must be recognised in the prevention of pressure ulcers.