



A healthcare team consisting of a male doctor and two female nurses are attending to an elderly female patient lying in a hospital bed. The patient is smiling and looking towards the camera. The medical staff are using large, blue, rectangular positioning pads to support the patient's legs and back. The doctor is standing at the head of the bed, holding a tablet and looking at the patient. One nurse is standing at the foot of the bed, adjusting a pad under the patient's legs. The other nurse is standing at the side of the bed, also adjusting a pad. The hospital room has large windows in the background, letting in bright light.

Curera[®] Positioning Guide

Curera® Positioning Cushions that gives support

Our vision is that together with caregivers eliminate pressure ulcers. For users who make few spontaneous movements, the risk of pressure ulcers increases. With regular positioning the risk of pressure ulcers can be reduced, and with positioning cushions as an aid you can position as needed in both lying and sitting position.

Care of Sweden has developed a series of positioning pillows that cover several needs for support and pressure relief. Our products are designed with the aim to support function, protect skin, and aid in the improvement of user comfort and health. Our positioning pillows are also available with a soft hygiene protection and cotton cover.

Some examples of how our positioning pillows can be used are outlined in this handbook. The use of positioning pillows are aimed to provide a balance of stability, comfort and reliable support. Use these suggestions as described or devise individual solutions using whichever combinations of the products that best suits the user.

Working with positioning pillows is a non-invasive method to improve pressure redistribution, support pressure relieving positions and stabilize various postures in lying, half sitting and seated positions. You can contact your local distributor to find out more.

Instructional videos demonstrating a number of useful applications of Curera® Positioning pillows are available at our website. Welcome to contact us if you have any questions.

Customer Care:

Phone: +46 (0)771-106 600

E-mail: export@careofsweden.se

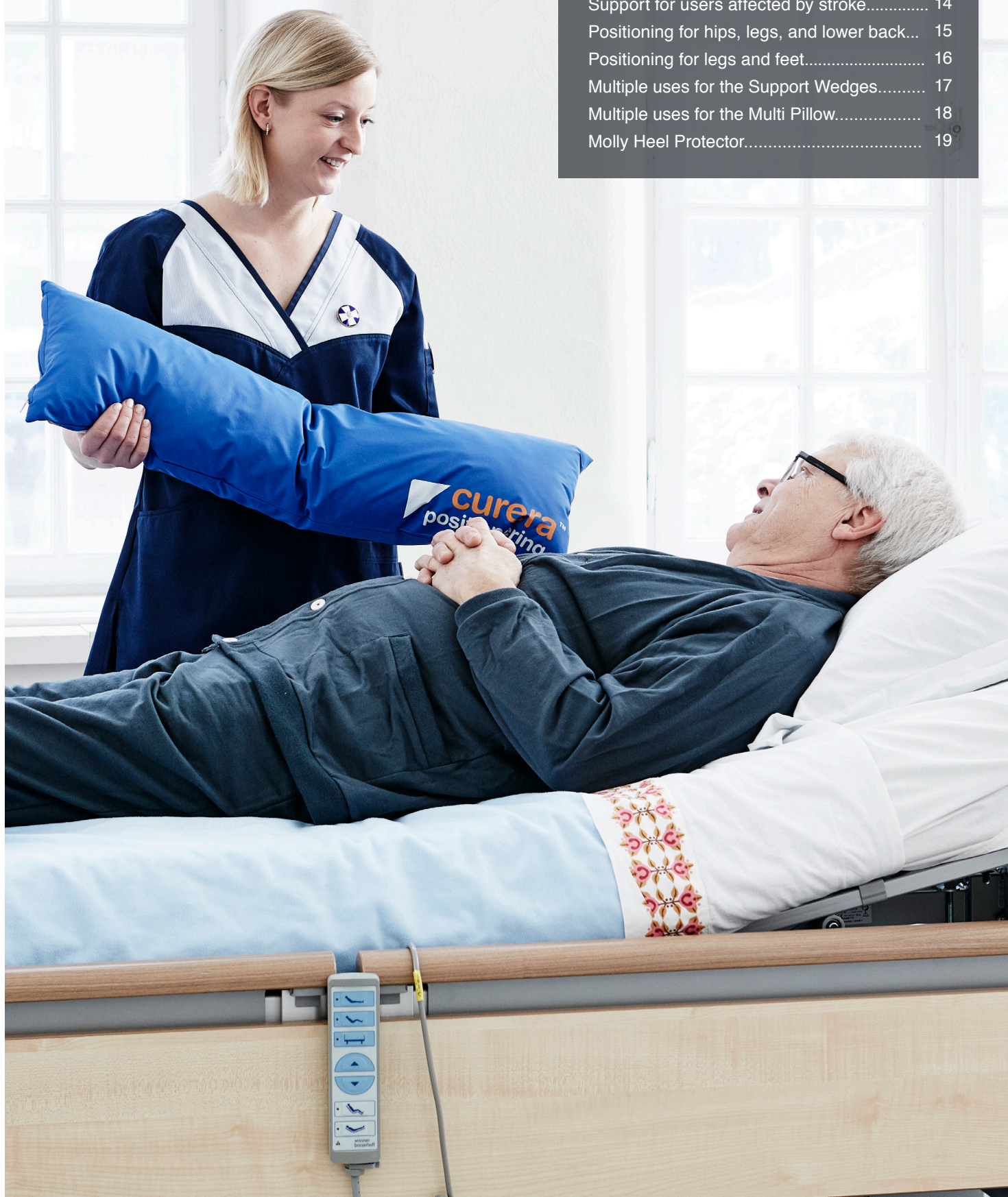


Check out our instructional videos!

www.careofsweden.com/customer-care

CONTENTS:

Positioning for breathing support.....	6
Half sitting positioning.....	7
Supported side lying.....	8
30° side lying & semi-prone position.....	9
Support for neck and arms.....	11
Support for bedside sitting.....	13
Support for users affected by stroke.....	14
Positioning for hips, legs, and lower back...	15
Positioning for legs and feet.....	16
Multiple uses for the Support Wedges.....	17
Multiple uses for the Multi Pillow.....	18
Molly Heel Protector.....	19



Curera® Abduction Pillow

Size: 35x55 & 54x78 cm



Curera® Multi Pillow

Size: 45x45 & 60x70 cm



Curera® S-Shaped Pillow

Size: 38x200 cm, 28x170 cm



Curera® Back Support Pillow

Size: 50x85 cm



Curera® Neck Pillow

Size: 32, 38 & 50 cm



Curera® Support Wedge

Size: 50x26x15/5, 70x26x15/5 cm



Curera® Curved Pillow

Size: 20x75x30, 110x75x40 & 75x40x25 cm



Curera® Positioning Roll

Size: 15x60, 20x80, 20x125 & 20x225 cm



Curera® Trunk Support Pillow

Size: 85x65x30 cm



Curera® Ear Pillow

Size: 32x32 cm



Curera® Rectangular Pillow

Size: 40x70, 50x60, 50x85 & 50x100 cm



Curera® Triangle Pillow

Size: 47x28x28 & 62x35x35 cm



Curera® Molly Heel Protection

Size: Small/Medium/Large



Curera® Rectangular Pillow

Size: 25x80 cm





CLEANING

Inner pillow: Machine washable 95°C. Tumble-dry or use drying cabinet. Avoid over-drying. For shorter drying time, repeat spin cycle 3-4 times.

Hygienic covers are liquid-resistant and vapour permeable. Wipe clean with detergent and/or disinfectant. Machine wash 95°C. Tumble dry.

Cotton covers: Machine wash 70°C. Tumble dry.



ACCESSORIES

- Hygiene cover (included with Curera® Support Wedge)
- Cotton cover (included with Curera® Ear Pillow)
- Storage bag

FACTS

- **Filling:** HR-foam/Polyester fibre in Multi Pillow, Neck Pillow, Rectangular Pillows, Positioning Rolls, Back Support Pillow, Trunk Support Pillow, Abduction Pillow, Curved Pillow, Triangle Pillow, Ear Pillow & S-Shaped Pillow
- **Filling in Support Wedge:** HR Foam
- **Warranty:** 1 year



Read the instructions for use prior to using the product.

Care of Sweden and Curera are registered trademarks of Care of Sweden AB © Care of Sweden AB, 2021. All rights reserved.
Last updated: 2021-03-25

Positioning for breathing support

Curera® Rectangular Pillows can be used as an aid in the facilitation of lung expansion for users with breathing and/or ventilation difficulties.



Curera® Rectangular Pillow



Curera® Rectangular Pillow



Supine position

Example: Curera® Rectangular Pillows are firmer than an ordinary bed pillow in order to provide stable support. Position to elevate the head and trunk, which reduces pressure over the chest cavity. Place one or two Rectangular Pillows behind the back, with a smaller pillow underneath the head.



Supine position, T-form

The T-form supports the spine and scapula, facilitating expansion of the upper area of the lungs and diaphragm.

Place two Rectangular Pillows in the shape of a T. Use a head pillow as needed.



Supine position, A-form

The A-form supports the scapula and sides of the rib cage, facilitating expansion of the upper area of the lungs.

Place two Rectangular Pillows in the shape of an A. Use a head pillow as needed.



Supine position, V-form

The V-form supports the lower back, facilitating expansion of the lower area of the lungs.

Place two Rectangular Pillows in the shape of a V. Use a head pillow as needed.

Half sitting positioning

Use of positioning pillows to support half sitting in bed, allows users to be more active while protecting skin integrity.



Curera® Curved Pillow



Curera® Positioning Roll



Supported and functional positioning in bed

A Positioning Roll placed snugly around the neck and shoulders supports the head and trunk for users with limited postural control and/or in need of enhanced body awareness. This application also provides support to the upper arms.

Placing a Multi Pillow or Support Wedges under the thighs stabilizes the pelvis to prevent sliding.



Placing a Positioning Roll under the thighs, close to the buttocks, stabilizes the pelvis to prevent sliding as well as providing lateral support to the trunk.

The head and neck are supported with either a smaller Rectangular Pillow or a bed pillow.



The Curved Pillow can be used instead of a Positioning Roll and is suitable for smaller user.



Curera® Multi Pillow



Curera® Back Support Pillow



Curera® Positioning Roll



Curera® Rectangular Pillow



Curera® Triangle Pillow

Supported side lying

Side lying is commonly used to alleviate pressure, support respiration and/or provide increased comfort.



Side lying against side rail

Example: Position for support in side lying. Fold a Multi Pillow and place it closely between the user and the side rail to support the back.



Side lying with Positioning Roll

Example: Position for support in side lying and for persons with reduced body awareness. Support the entire body in a sidelying position with a Positioning Roll. Place the top end underneath the head and tuck the pillow alongside the back and hips. Position the bottom end between the legs.



Side lying with Triangle Pillow, Rectangular Pillow, and Multi Pillow

Example: Position for support in side lying. Place a Triangle Pillow as support behind the back. Place a Multipillow between the legs. Use a head pillow as needed.



Side lying with Positioning Roll, Rectangular Pillow, and Multi Pillow

Example: Position for support in side lying. Same as above, with a Rectangular Pillow to support the head and a Multi Pillow placed between the legs.



Prevent hip adduction in side lying

Example: Position for support after hip surgery. A Rectangular Pillow between the legs can keep the upper hip/thigh from sliding into adduction.



Side lying with a Back Support Pillow

Example: Position for support in side lying, for beds without side guards. Use a Back Support Pillow with a flap placed either under the user or the mattress overlay.

30° Side lying & Semi-prone position

A 30° side lying position is used as a means of relieving pressure. The semi-prone position may also aid in supporting respiration.



Curera® Support Wedge



Curera® Positioning Roll



Semi-prone position

From a side lying position, position the top end of the Positioning Roll under the user's head and continue to tuck the roll alongside the front of the user's body to their feet. Roll the user gently over the pillow into a semi-prone position. Adjust the top leg and arm so that the user can rest comfortably in a supported position.



30° Side lying position: Alternative 1

Mattress height up to 15 cm: Place two Support Wedges under the mattress.



30° Side lying position: Alternative 2

Mattress height greater than 15 cm: Place two Support Wedges between the bed sheet and the mattress.



30° Side lying position: Alternative 3

Beds with mattress overlay: Place two Support Wedges underneath the overlay.

30° Side lying & Semi-prone position

The 30° side lying is commonly used to provide pressure relief to immobilized users. For users unable to lie in prone positions, a supported semi-prone position can be used as an alternative.



Curera® S-Shaped pillow



An alternative to 30° side lying & semi-prone position

The S-Shaped Pillow can be used to simulate 30° side lying position (when placed behind the user) and a semi-prone position (when placed in front of the user), instead of a Positioning Roll or Support Wedges. The S-shaped Pillow is available in two sizes, depending on the length of the user.



Curera® Curved Pillow



Curera® Neck Pillow



Curera® Rectangular Pillow



Curera® Positioning Roll



Curera® Rectangular Pillow

Support for neck and arms

Curera® Positioning's wide range of sizes and shapes creates many possibilities to address specific positioning issues, providing support, comfort and relief where it is needed most.



Lateral support for neck and head

The Neck Pillow comes in several sizes. Choose a size with a snug fit to provide support for the head and neck when seated in an upright position.



Trunk and arm support

A Positioning Roll can support the forearms and trunk to provide support and stability to the upper body in an upright position. Can also be used for users with neglect tendencies.



Arm elevation

Both Rectangular Pillows and Positioning Rolls are suitable to elevate arms, both in an upright and supine position. To reduce swelling, the arm must be positioned above the level of the heart.



Support for bedside sitting

One of the first steps towards mobilization is bedside sitting. Positioning Pillows can offer solutions to increase stability to this end.



Curera[®] Trunk Support Pillow



Trunk Support Pillow

The Trunk Support Pillow can be placed either behind the user for support when seated on the bedside or in front of the user, preferably in combination with a Curved Pillow behind.

The Trunk Support Pillow can also be used as a support in a half sitting position when in bed or while seated in a chair or wheelchair.



Positioning the affected limbs can aid in increasing comfort, awareness and help protect from pressure.



Curera® Multi Pillow



Curera® Rectangular Pillow



Curera® Rectangular Pillow



Half sitting position

In this example, the user's affected right arm is supported alongside the trunk with a 40x70 Rectangular Pillow. The pelvis is stabilized with a second Rectangular Pillow to minimize the risk for sliding. A Multi Pillow or Positioning Roll can also be used to this end.



Lying on the affected side

Place the Rectangular Pillow (a Back Support Pillow or Positioning Roll can also be used) behind the back.

A second Rectangular Pillow supports the non-affected leg that is placed in front of the affected leg for stability.

Ensure that the affected arm and shoulder are not constricted in any way.



Lying on the non-affected side

A Rectangular Pillow is placed under the affected arm for support and comfort.

A second Rectangular Pillow supports the affected leg which is brought into a comfortable and stable position.

A third pillow (Rectangular Pillow, Multi Pillow, Positioning Roll, or Triangle Pillow) can be placed behind the user to prevent rolling onto the back.

Positioning for hips, legs and lower back



Curera® Abduction Pillow



Curera® Triangle Pillow

Many users have limited mobility in various joints and/or muscle groups. Accommodating for this with positioning pillows will increase pressure redistribution and aid in maintaining comfortable and stable positions.



Supine or 30° semi-fowler position

A Triangle Pillow under the knees can stabilize the pelvis to prevent sliding in combination with an elevated backrest.

The Triangle Pillow is also suitable for user's with shortened hip flexors and/or hamstrings. The increased flexion in hips and knees can relieve lower back strain.

In some cases, the Triangle Pillow can aid in alleviating pressure from under the heels.

Supine with hip abduction

The Abduction Pillow can be used in a supine position to maintain hip abduction while supporting thighs and knees, releasing the lower back.

Suitable for user's with restrictions regarding hip adduction, as an aid to avoid crossing one's legs.



Positioning for legs and feet

Positioning pillows are suitable for users with limited joint mobility and/or in need of skin protection.



Shear management in half sitting

Building a "pyramid" using two Support Wedges under the knees prevents sliding, protecting the sacrum and other bony prominences from excessive shear stress.



The wedges can also elevate the heels for total pressure relief while accommodating shortened hamstrings.



Support for feet and ankles

A Positioning Roll under the knees aids in relaxing the Hamstrings while two 25x80 Rectangular Pillows at the foot of the bed reduce pressure under the heels while supporting the ankles in dorsal flexion.



Support for user care

Forming a block with two Support Wedges allows caregivers the opportunity to use both hands while tending to the user safely and comfortably.



Padding for bed rails

Create padding between the user and bed rails by tucking two Support Wedges, narrow side down, between the mattress and bed frame.



Positioning for oedema in legs/feet

Place two Support Wedges in the form of a pyramid underneath a mattress or mattress overlay to elevate the lower limbs above the level of the heart.



An aid to prevent "drop-foot"

Place a Support Wedge with the soles of the feet resting on the pillow that is placed against the bed frame. This will stabilize the feet in a passive dorsiflexion position and can be used as a prophylactic practice to prevent the shortening of calf muscles and Achilles tendons.



Supporting aid for user care

A Support Wedge placed behind the back of a user in a side lying position can stabilize the user's side lying position. This can free the caregiver's hands for a safer, more effective working environment.

Multiple uses for the Multi Pillow



An aid to prevent "drop-foot"

Place half of a folded Multi Pillow under the user's calves, with the soles of the feet resting on the pillow's other half against the bed frame. This will stabilize the feet in a passive dorsiflexion position, which can be used as a prophylactic practice to prevent the shortening of the calf muscles and Achilles tendons.

Ensure that the user's knees do not hyperextend in this position.



Shortened adductors/hypertonus

A Multi Pillow can be placed between the user's legs when in a side lying position for increased comfort and pressure redistribution.



Reduce pressure under heels

Placing a Multi Pillow underneath the user's legs to their ankles can increase pressure redistribution along the lower extremities and reduce peak pressure forces underneath the heels.



Support for the knees

A folded Multi Pillow under the knees can accommodate shortened hamstrings. It can also be used to increase comfort by preventing possible hyperextension in the knees.

Molly Heel Protector

Heels are especially vulnerable to skin breakdown, often requiring total pressure relief that is also comfortable.



Curera[®] Molly Heel Protector



Supine position

When fitting a Molly Heel Protector, measure the distance between the bottom of the heel and the bed surface after 15-20 minutes. If the heel is elevated and the distance measured is less than two cm, the user has been given the proper size. Always use a sock or tubular gauze between the skin and the Molly Heel Protector. Ensure the Velcro opening is facing up.



Side lying position

Rotate the Molly Heel Protector so that the Velcro opening is facing down towards the bed surface. The fit must be loose enough to rotate the cushion around the leg. The Molly Heel Protector can also be used to prevent the legs from crossing following hip replacement surgery. In this case, place the Molly Protector on the non-operated leg.

Care of Sweden is an innovative company in the medtech sector, devoted to the cause of eliminating pressure ulcers around the world. Our product range covers mattresses, positioning pillows and seat cushions, used as an aid in the prevention as well as treatment of pressure ulcers. Our head office, R&D and production are located in Tranemo, western Sweden, and our products are used in care facilities across Sweden as well as in many other parts of the world.

