



How to choose the right mattress

Find the right persona
to your patient



Holistic care - the cornerstone of pressure injury prevention

Using an appropriate support surface is an essential component of pressure injury prevention. Effective pressure injury prevention also requires consideration of multiple factors, including skin integrity, tissue perfusion, mobility, nutrition, and overall health status.⁽¹⁾ In addition, each individual has unique needs based on their medical condition and personal circumstances.

When selecting a support surface, it is important to adopt a holistic approach to ensure that all these aspects are considered together. This enables a more comprehensive care plan and supports caregivers in choosing the most appropriate support surface for each individual.⁽¹⁾⁽²⁾

Surface selection and use

As stated by the international guidelines⁽²⁾, selecting a support surface that minimizes pressure, shear, and friction is one of the key elements in pressure injury prevention⁽³⁾. To ensure that the support surface is adapted to each individual's needs, three types of assessments should be considered.

- Risk assessment
- Skin assessment
- Assessment of mobility level

When selecting the right mattress, start with a risk assessment and use the table as a guide.



Risk level	Products
Severe Risk	CuroCell® IQ CuroCell® A4 CuroCell iA®
High Risk	CuroCell® IQ CuroCell® A4 CuroCell iA® CuroCell® IQ Cirrus CuroCell® S.A.M. PRO
Moderate Risk	CuroCell® S.A.M. PRO CuroCell AREA Zone Optimal 5zon® Optimal Care Optimal Cura
Mild Risk	CuroCell® AREA Zone Optimal 5zon® Optimal Care Optimal Cura
No Risk	No need for preventative support surface

To assure a holistic approach, the level of mobility and skin status must be considered.

aSSKINg skin care bundle framework

Research has identified seven key steps to consider in preventing pressure injuries, defined as the aSSKINg care bundle framework.^{(4) (5) (6)} This method has been established for many years, based on a thorough review of the best evidence and practices, and is widely used in clinical practice.

By integrating these steps into a holistic care plan, caregivers can significantly reduce the risk of pressure injuries and enhance patient outcomes.



aSSESS RISK



SKIN ASSESSMENT AND SKIN CARE



SURFACE SELECTION AND USE



KEEP PATIENTS MOVING



INCONTINENCE ASSESSMENT AND CARE



NUTRITION AND HYDRATION - ASSESSMENT/SUPPORT



gIVING INFORMATION (SELF CARE)



Find your

Good mobility

Patient profile

Typically an individual who is active and mostly independent. The individual can get in and out of bed on their own or with minimal assistance and is capable of repositioning themselves in bed without help.

Risk level

Mild to moderate risk of pressure injuries.

Skin status

Pressure injuries up to and including stage 2.

Recommended support surface

A pressure-redistributing foam mattress that will support in repositioning and maintain independence.

Recommended: Optimal 5zon® (when prolonged sitting in bed is anticipated), Optimal Care or Optimal Cura. For heavier individuals, Optimal 5zon® Plus is recommended.



Limited mobility

Patient profile

This individual has reduced mobility and requires assistance when getting in and out of bed, and may also require assistance with repositioning.

Risk level

Mild to high risk of pressure injuries.

Skin status

Pressure injuries up to and including stage 3.

Recommended support surface

For individuals sitting upright for prolonged periods, a foam mattress (e.g. Optimal 5zon®) may be suitable. When increased pressure redistribution is required, a hybrid mattress (e.g. CuroCell® AREA Zone) can be considered.

For fragile individuals requiring effective pressure redistribution and high comfort, a constant low-pressure mattress (e.g. CuroCell® S.A.M. PRO) is appropriate. For heavier individuals, CuroCell® A4 CX20 Plus is recommended.

patient persona



Restricted mobility

Patient profile

This individual has severely limited mobility, spends most of the time in bed, and frequently requires assistance with repositioning as well as transfers in and out of bed.

Risk level

High to severe risk of pressure injuries.

Skin status

Pressure injuries up to stage 4 or deep tissue injuries.

Recommended support surface

For individuals able to perform minor repositioning, a constant low-pressure mattress (e.g. CuroCell® AREA Zone or CuroCell® S.A.M PRO) may be suitable. For sensitive individuals requiring a high level of comfort, CuroCell® IQ Cirrus may be preferred.

For individuals with severely limited mobility, autonomous individualization is essential. Recommended: CuroCell iA®, CuroCell® A4, CuroCell® IQ. For heavier individuals, CuroCell® A4 CX20 Plus is recommended.



No independent mobility

Patient profile

This individual is completely immobile, spends most of the time in bed, and is dependent on full assistance.

Risk level

High to severe risk of pressure injuries.

Skin status

Pressure injuries up to stage 4 or deep tissue injuries.

Recommended support surface

For the most fragile individuals, autonomous individualization is essential to ensure pressure redistribution, pressure relief, and adequate tissue perfusion. Recommended: CuroCell iA®, CuroCell® A4, CuroCell® IQ.

For heavier individuals, CuroCell® A4 CX20 Plus is recommended.

Scan here for an extended
version of the mattress guide



Mobility promotes independence

Remember to assess the individual as the condition develops. Note that a stable foam or hybrid mattress promotes mobility by facilitating getting in and out of bed and enabling independent repositioning.

! This mattress guide is intended as a general tool for educational purposes only. While based on recognized models like aSSKIN and other sources, it does not replace clinical judgment or personalized medical advice. Always consult a healthcare professional for individual recommendations and decisions.

⁽¹⁾ Coleman S., Nixon J., Keen J., Wilson L., McGinnis E., Dealey C., Stubbs N., Farrin A., Dowding D., Scols J.M.G.A., Cuddigan J., Berlowitz D., Jude E., Vowden P., Schoonhoven L., Bader D.L., Gefen A., Oomens C.W.J. & Nelson E.A. (2014) A new pressure ulcer conceptual framework. *Journal of Advanced Nursing*, 2014

⁽²⁾ European Pressure Ulcer Advisory Panel, National Pressure Injury Advisory Panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. The international Guideline. Emily Haesler (Ed.). EPUAP/NPIAP/PPPIA: 2019

⁽³⁾ Portoghese C et al. 2024. The Role of Shear Stress and Shear Strain in Pressure Injury Development.

⁽⁴⁾ Lorraine Wright, Heather Macgowan, Pressure ulcer risk assessment & prevention guideline, NHS Forth Valley, Tissue Viability Team, 01.05.2020

⁽⁵⁾ Whitlock J. SSKIN bundle: preventing pressure damage across the health-care community. *British Journal of Community Nursing*. 2014; 18:suppl 9: s32-39.

⁽⁶⁾ McCoolough S. Adapting a SSKIN bundle for carers to aid identification of pressure damage and ulcer risks in the community. *British Journal of Community Nursing*. 2016 June; Suppl: S19 – S25.