



PRESSURE CARE INFORMATION MANUAL

icare
Medical Group

icaremedicalgroup.com

PRESSURE REDISTRIBUTION INFORMATION

IC15 MATTRESS

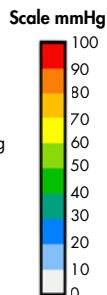
Risk Level: High
SWL Minimum 45kg
SWL Maximum 242kg

Waterlow $\leq$ 20
Immersion Rating: Medium
Envelopment Score: 4/5

Subject 1: Female. 58kg
Average Peak Pressure: 23.6mmHg
Support area: 1803cm²



Subject 2, Male. 84kg
Average Peak Pressure: 19.5mmHg
Support area: 3569cm²

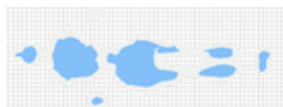


IC20 MATTRESS

Risk Level: High
SWL Minimum 32kg
SWL Maximum 228kg

Waterlow $\leq$ 20
Immersion Rating: Medium
Envelopment Score: 5/5

Subject 1, Female. 58kg
Average Peak Pressure: 14.3mmHg
Support area: 2379cm²



Subject 2, Male. 84kg
Average Peak Pressure: 18.7mmHg
Support area: 2548cm²

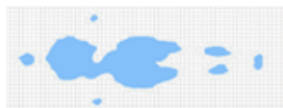


IC25 MATTRESS

Risk Level: High
SWL Minimum 32kg
SWL Maximum 212kg

Waterlow $\leq$ 20
Immersion Rating: High
Envelopment Score: 5/5

Subject 1, Female. 58kg
Average Peak Pressure: 15.6mmHg
Support area: 2480cm²



Subject 2, Male. 84kg
Average Peak Pressure: 19.9mmHg
Support area: 3952cm²



Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations, case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

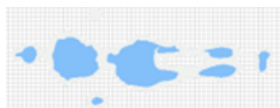
PRESSURE REDISTRIBUTION INFORMATION

IC30 MATTRESS

Risk Level: High
SWL Minimum 20kg
SWL Maximum 228kg

Waterlow $\leq$ 20
Immersion Rating: Medium
Envelopment Score: 4/5

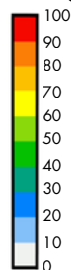
Subject 1: Female. 58kg
Average Peak Pressure: 14.3mmHg
Support area: 2379cm²



Subject 2, Male. 84kg
Average Peak Pressure: 18.7mmHg
Support area: 2548cm²



Scale mmHg



ICARE have been an incredible resource for myself as a clinician and for my clients. ICARE adjustable beds and mattresses are my go-to product when a client is considering the changeover to an adjustable bed. And just when I think I have my head around the product range, a new, exciting and HELPFUL solution is released by ICARE. I and my clients have been a fan of the IC30 mattress in enabling independent slide board transfers and sleeping on a comfortable surface. I highly recommend ICARE products! - Larissa, OT Australia

Since the development of the IC30, it's been a game changer for my clients. - Fiona, OT Australia

Cooling mattress [IC30] helped with seizures. - Nina, OT Australia

IC30 is one of the most popular mattresses as an OT I prescribe. Tommy, OT Australia

The Icare mattresses have been a game-changer for those experiencing pressure sores or at risk of developing them. The specialized foam provides excellent pressure redistribution, which has significantly reduced the incidence of discomfort and skin breakdown. Many clients have reported improved sleep quality and a sense of relief from the pressure pain they used to experience. - Elna, OT Australia

Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

PRESSURE REDISTRIBUTION INFORMATION

VERSAFLO3® MATTRESS

Risk Level: High
SWL Minimum 20kg
SWL Maximum 140kg

Waterlow ≤ 20
Immersion Rating: Medium
Envelopment Score: 4/5

Subject 1: Female. 58kg
Average Peak Pressure: 15.9mmHg
Support area: 2772cm²



Cycle 1



Cycle 2

Subject 2, Male. 84kg
Average Peak Pressure: 17.0mmHg
Support area: 3185cm²

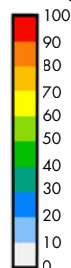


Cycle 1



Cycle 2

Scale mmHg



Disclaimer: due to the variable air pressure options and settings, the Immersion Rating and Envelopment Score may change depending on client's needs.

VERSAFLO 3 MATTRESS SYSTEM - AIR PUMP

Circulation Intervals	5min, 10min, 15min, 20min, static
Air Capacity	1.5~8L
Air Pressure	300~1200H ² O
User Weight	20~140kg

VERSAFLO 3 MATTRESS SYSTEM - MATTRESS

Material	Polyurethane, TPU + Fabric
Cover	Waterproof
Composition	XP Support Foam, ActiveX™ Comfort Layer
Air Pressure	Level 4~5
Safe Working Load	150kg

Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations, case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

PRESSURE REDISTRIBUTION INFORMATION

M1 MATTRESS

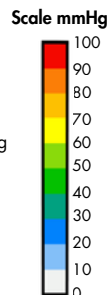
Risk Level: Medium
SWL Minimum 60kg
SWL Maximum 300kg

Waterlow $\leq$ 20
Immersion Rating: Low
Envelopment Score: 3/5

Subject 1, Female. 58kg
Average Peak Pressure: 23.8mmHg
Support area: 2046cm²



Subject 2, Male. 84kg
Average Peak Pressure: 25.2mmHg
Support area: 2863cm²

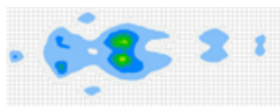


M2 MATTRESS

Risk Level: High
SWL Minimum 30kg
SWL Maximum 215kg

Waterlow $\leq$ 20
Immersion Rating: Medium
Envelopment Score: 3/5

Subject 1, Female. 58kg
Average Peak Pressure: 20.8mmHg
Support area: 2722cm²



Subject 2, Male. 84kg
Average Peak Pressure: 23.4mmHg
Support area: 3065cm²

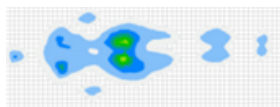


M3 MATTRESS

Risk Level: High
SWL Minimum 40kg
SWL Maximum 215kg

Waterlow $\leq$ 20
Immersion Rating: Medium
Envelopment Score: 4/5

Subject 1, Female. 58kg
Average Peak Pressure: 16.8mmHg
Support area: 3286cm²



Subject 2, Male. 84kg
Average Peak Pressure: 18.0mmHg
Support area: 3871cm²



Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations, case studies and Waterlow scale. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

PRESSURE REDISTRIBUTION INFORMATION

XP SUPPORT OVERLAY

Risk Level: Low
SWL Minimum 50kg
SWL Maximum 250kg

Subject 1, Female. 58kg
Average Peak Pressure: 17.6mmHg
Support area: 3065cm²

Subject 2, Male. 84kg
Average Peak Pressure: 18.3mmHg
Support area: 3065cm²

Immersion Rating: Medium
Envelopment Score: 2/5

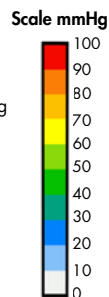
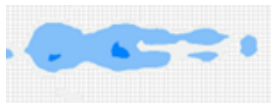
ACTIVEX™ OVERLAY

Risk Level: High
SWL Minimum 30kg
SWL Maximum 215kg

Subject 1, Female. 58kg
Average Peak Pressure: 17.6mmHg
Support area: 3065cm²

Subject 2, Male. 84kg
Average Peak Pressure: 18.3mmHg
Support area: 3065cm²

Waterlow ≤ 20
Immersion Rating: Medium
Envelopment Score: 4/5



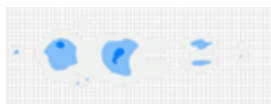
ACTIVEFLOAT™ OVERLAY

Risk Level: High
SWL Minimum 30kg
SWL Maximum 215kg

Subject 1, Female. 58kg
Average Peak Pressure: 15.6mmHg
Support area: 3653cm²

Subject 2, Male. 84kg
Average Peak Pressure: 16.7mmHg
Support area: 4677cm²

Waterlow ≤ 20
Immersion Rating: Medium
Envelopment Score: 5/5



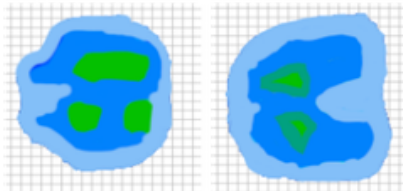
Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations, case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

PRESSURE REDISTRIBUTION INFORMATION

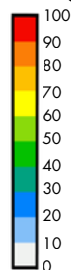
REFORM SEAT CUSHION

Subject 1, Female. 58kg

Subject 2, Male. 84kg



Scale mmHg



VFIT SEATING SYSTEM

Subject 1, Female. 58kg

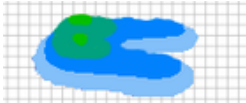
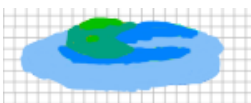
Average Peak Pressure: 39.5mmHg

Support area: 1966cm²

Subject 2, Male. 84kg

Average Peak Pressure: 44.4mmHg

Support area: 1633cm²



Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations, case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

PRESSURE REDISTRIBUTION INFORMATION

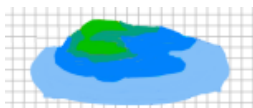
VMOTION SEATING SYSTEMS

FIRM INSEAT 100mm XP Support inseat.

Subject 1, Female. 58kg

Average Peak Pressure: 55.9mmHg

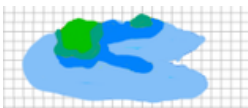
Support area: 2157cm²



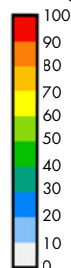
Subject 2, Male. 84kg

Average Peak Pressure: 46.2mmHg

Support area: 2470cm²



Scale mmHg

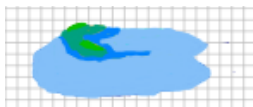


MEDIUM INSEAT 100mm pocket coil spring inseat.

Subject 1, Female. 58kg

Average Peak Pressure: 39.9mmHg

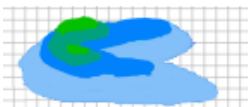
Support area: 2026cm²



Subject 2, Male. 84kg

Average Peak Pressure: 42.3mmHg

Support area: 2671cm²

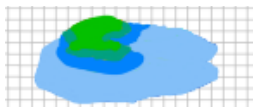


SOFT INSEAT 100mm Pressure relieving ActiveX™ and supportive XP Support inseat.

Subject 1, Female. 58kg

Average Peak Pressure: 51.3mmHg

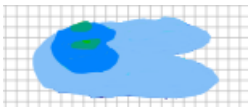
Support area: 2177cm²



Subject 2, Male. 84kg

Average Peak Pressure: 40.3mmHg

Support area: 2419cm²

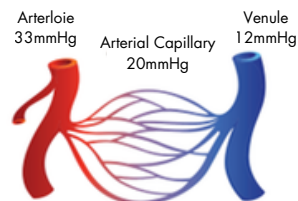


Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations, case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

PRESSURE CARE

REPOSITIONING GUIDELINES

Encourage adults who have been assessed as being at risk of developing a pressure ulcer to change their position frequently and at least every 6 hours. Encourage adults who have been assessed as being at high risk of developing a pressure ulcer to change their position frequently and at least every 4 hours. (Nice, 2014)



WHAT IS A SAFE PRESSURE?

Pressure in different parts of the circulatory system varies. The accepted threshold for pressure mapping is 32mmHg but pressure as low as 12mmHg can cause problems and it is important to view performance over a broader range of pressure thresholds.

Thresholds for testing
Pressure is measured in Hg (mercury)

I have a client that is very successfully using the IC20 pressure care mattress with the IC333 bed system. Following a work related accident and several failed hip related surgeries and he now lives with global chronic regional pain due to a multitude of other injuries including falls landing on his shoulders, knees and damaged ankles. On assessment this man who is now 58 years old living with his wife advised he periodically tries to sleep on his bed however is unable to manage more than 2-3 hours lying flat and prefers to sleep in the lounge in an arm chair. He also advised preferring to occupy his mind at night completing his prescribed exercises in the cool night air whilst he can not sleep as this helps to ease his pain and if he completes them during the day his thermoregulation makes him over heat and become very drowsy. Throughout my time on assessment with him we discussed many options and went through a lengthy staged approach or aids and adaptations as unfortunately he had never had an OT assessment funded by ACC due to historical non acceptance of injury with lots of simple solutions making a huge difference to his quality of life. The biggest win however was addressing his sleep quality, position and routine. The client started a trial of the IC333 with the IC20 medium heat and pressure sensitive mattress. The client has now had the bed for over 3 months and although is still not sleeping through the night due to multiple problems can manage up to 6 hours using the Trendelenburg tilt and altered positions in sleep the IC333 allows. The pressure care benefits of the IC20, the functionality this bed allows, and I believe the look of the bed not being like a hospital bed plays a huge psychological factor in his new ability to manage his pain and sleep patterns.

It has been a pleasure to work with Icare Medical Group and the therapy team here at Healthvision also really valued the education session on other ranges and products. - Heathvision Occupation Therapy.

Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

IMMERSION & ENVELOPMENT

Immersion and envelopment properties of a support surface are crucial. Immersion refers to the depth of penetration into the support surface by the load (client's body). Envelopment is the ability of the support surface to conform around the body. As the body's contact area with the support material increases, pressure decreases.



IMMERSION

Icare Medical Group Rating: Low/Med immersion helps with mobility and has a positive effect for client's who are at risk of pressure care injuries.

High immersion has a negative impact on client's with limited mobility.

ENVELOPMENT

Icare Medical Group Score: Anything with an envelopment rating of 3 or higher is optimum as it helps to conform to the client's body and helps improve their comfort. It is beneficial for client's who are at risk of pressure care injuries.

Spring mattresses tend to have a low envelopment score as springs only offer vertical immersion and little or no envelopment.

I came across Icare through a colleague who has prescribed their products to clients in the past. Their Icare IC15 mattress has been helpful for one of my clients that require extra support but hasn't had any negative effects with pressure care. The IC15 is the firmer mattress in the range but my client hasn't had any issues with pressure points developing like they did with the existing mattress and finding far more comfort than before. My client has found this mattress to reduce the pain of pressure points and the desire to reposition and is getting far more sleep through the night now. – Emma.

Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.

CLINICAL FEEDBACK

I first came across Icare Medical Group through one of my clients who had researched his own preferences on a profile hospital bed that did not look like a hospital bed. This client was very well informed of suppliers and the ways of working through Accessable and ACC. He is a young man living with his partner and two children under the age of 3 years. He sustained a complete paraplegia and severe traumatic brain injury in 2018. Following injury he had in patient rehabilitation stays in the spinal unit and brain injury unit eventually being discharged to residential care due to his multiple injuries and limitations as a result. The Healthvision therapy team including, OT, Physio, Social Worker, Psychologist and Rehab Coach worked intensively with him over a 2 year period leading him to be fit for trial transition into the community with his partner and children. Funding was approved for a double size or companion size due to sharing the bed with his partner however he did not want the bed to look like the horrible hospital looking style beds he had been using. I worked with him through a selection process and drew on clinical reasoning to appropriately justify the right bed style, frame and mattress type through numerous suppliers. My discussions with Accessable professional advisors and with ACC pointed to the IC333 bed frame and the IC20 mattress which was also the clients preference. The client has now had the bed and mattress for over a year and reports the functions of the bed and comfort of the mattress makes living with high levels of pain, spasticity and general poor quality sleep due to problematic positioning easier to cope with and thus making daily living easier to manage. - K Boyle. Occupational Therapist

I have prescribed the Icare IC20 Mattress on multiple occasions to many of my clients. I have found this mattress to be beneficial to my clients that have a wide range of mobility. This mattress has been a huge help to one of my clients with chronic pain as it has helped with getting a better quality of sleep as well as being supportive and comfortable. This mattress is easy to maintain as well as having positive results for my clients that use them in terms of pressure care and pressure risks. The Icare team have been great to work with as they are well informed and have an in-depth understanding on how their product functions and how to get the best results for the client. - Catherine N.

I have a client who had a back injury at work and had to be placed on bed rest. Unfortunately my client began to suffer from pressure injuries. I prescribed the Icare Topper as they didn't want to change their current inner-spring mattress and my client has had massive improvements. The Icare topper has made it more comfortable for my client to sleep and the topper has greatly improved my clients pressure injuries as it has helped to cushion my client when on bed rest. The Icare Product Specialist that I spoke to was incredibly helpful and friendly; and very knowledgeable with the Icare product range and what was suitable for my clients needs. - Louise.

The IC15 and IC20 mattresses I prescribe on a regular basis and they are under rated for the pressure care benefits I have found for my clients. These mattresses far exceed the comfort of many of the mattresses I have trailed and the feed back I receive is excellent. Sue N. Home & Community Care

Risk category ratings, immersion ratings and envelopment scores are based on average peak pressure, therapist recommendations case studies and Waterlow scale. For some high risk clients Icare Zerotec covers are recommended. The best way to assess a client on a pressure reducing surface is to monitor pressure points with visual checks over a period of five days.



icaremedicalgroup.com