



Mattress Trials – Initial Client Assessment

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Client Name: _____

Diagnosis: _____

General Demographics: Client height: _____ Client weight: _____

Medical history (*Diabetes, Continence issues, Weight loss/gain, Pain*):

Social Situation: _____

Environment

Size of bed: _____ Type of bed (*standard/electric*): _____

Is adequate power source available? Yes / No

Is power backup available? Yes / No

Existing mattress (*type, reason for replacement*): _____

Comfort Overnight: _____

Skin Integrity: Episodes of skin breakdown in the last 5 years (*location and date*):

Functional level of independence: (*independent / with assistance / dependent*): (also note
equipment currently used)

Ability to transfer wheelchair to bed: _____

Ability to achieve lying to sitting: _____

Ability to roll independently: _____

Ability to manage dressing: _____

Ability to attend to bladder/bowel care: _____



Lying and turning regime

Position client lies in (including duration) and frequency of turns: _____

Miscellaneous

Does mattress need to be portable (i.e. *travel*): _____

Funding options: CTP / MASS / Work Cover / DVA / Private / Other _____

Suggested Mattress Trial Process

1. Evaluate current mattress.
2. Use "Initial Client Assessment" form to Identify key factors including:
 - The position client lies in and their current turning schedule
 - History of skin break down.
 - Functional level, environment, social support
3. Use Skin Care Brochures from SPOT website as education tools as necessary.
4. Commence trial gradually, eg. try an afternoon nap of 2 hours initially and progress to 4 hours before a full night trial with turning regime.
 - Gradually extend the period of time in any one position, continuing to check skin condition.
 - Turning regimes may be reduced with ongoing checking. Turning may still be required despite high level of pressure care provided by new mattress.
 - Trials should be discontinued if client experiences pain, discomfort or red marks that do not blanch.
5. SPOT recommend a 2 week in home trial where possible (minimum of 1 week) to fully evaluate a mattress.
6. Following the trial, use the "Mattress Evaluation Form" from the SPOT website to record the client's perception of each trial. Good record keeping is helpful when there are long periods between trials and/or multiple different trials to evaluate.

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