

00033 Evaluating the Effectiveness of Silicone Multilayer Foam Dressing in Preventing Heel Pressure Injury Among Critically Ill Patients in Singapore.

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Aims: To evaluate the effectiveness of a soft silicone multilayer dressing (Mepilex® Heel) in reducing the incidence of heel pressure injuries (HPI) among critical ill patients in Intensive Care Unit (ICU).

Methodology: This was a quasi-experimental, pre-, and post-intervention study design conducted in three adult ICUs in an academic teaching hospital. A convenience sampling was used to recruit 326 patients (195 patients in pre-intervention, 131 patients in intervention cohort).

Result: Statistical analysis was made using Fisher exact test to compare between the two cohorts. The results showed a reduction of 9.3% in the incidence of HPI between the two cohorts (pre-intervention: 10.8% versus 1.5%: post-intervention). Patients in the intervention cohort were less likely to develop HPIs ($p < 0.007$).

Conclusion: Prophylactic multilayer foam heel dressing has proven effective at reducing the incidence of HPIs among critically ill patients in ICU, even with the tropical climate in Singapore.