



World Health Organization

WHEELCHAIR

Service Training Package

Session A.7: Cushions

Basic level

BASIC LEVEL

Introduction

- In this session participants will:
 - Discuss why cushions are important;
 - Look at the different types of cushions;
 - Practise how to check whether a cushion is fitting correctly.



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A.7. Cushions: 2

BASIC LEVEL

The benefits of a wheelchair cushion

- Wheelchair cushions can provide:
 - comfort;
 - postural support (help people to sit more upright);
 - pressure relief.
- Every wheelchair user should use a cushion.
- The type of cushion best suited to the user will depend on their needs.
- Any person at risk of developing a pressure sore needs a pressure relief cushion.

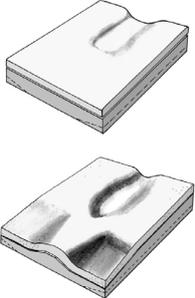


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A.7. Cushions: 3

BASIC LEVEL

There are many different types of cushions



- Cushions may be described in different ways including:
 - the material they are made from or filled with;
 - the main function of the cushion;
 - the cushion's shape;
 - how the cushion is made.

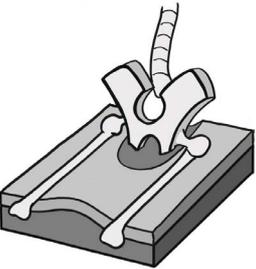
A.7. Cushions: 4



BASIC LEVEL

Pressure relief cushions reduce pressure by:

- Distributing the user's weight evenly across the seat surface
- Reducing pressure under high pressure risk areas.
- Preventing shear by creating a shelf in front of the seat bones and it can assist users to sit upright.

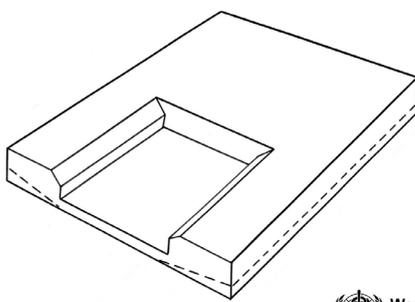


A.7. Cushions: 5



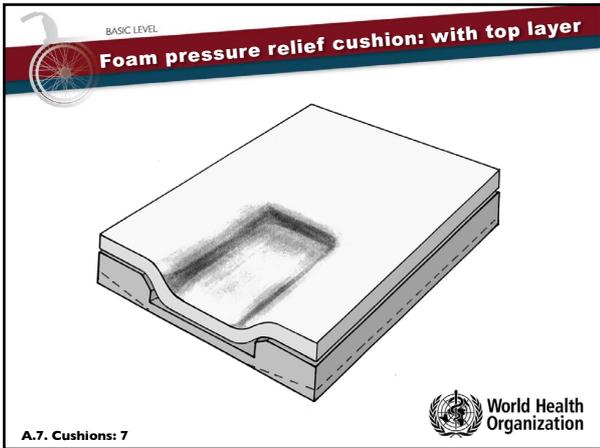
BASIC LEVEL

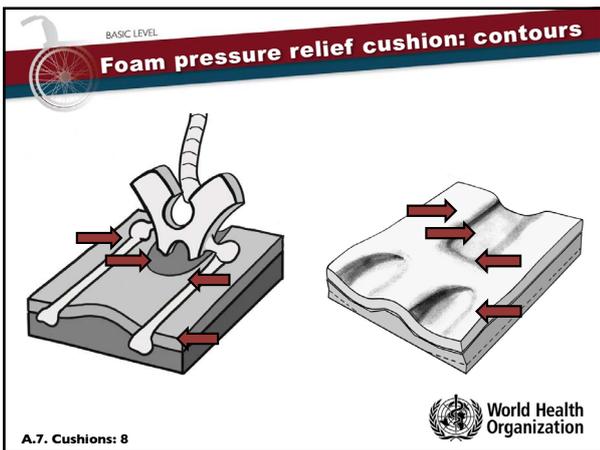
Foam pressure relief cushion: base layer



A.7. Cushions: 6









BASIC LEVEL



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BASIC LEVEL

Cushion cover questions:

Is the cover:

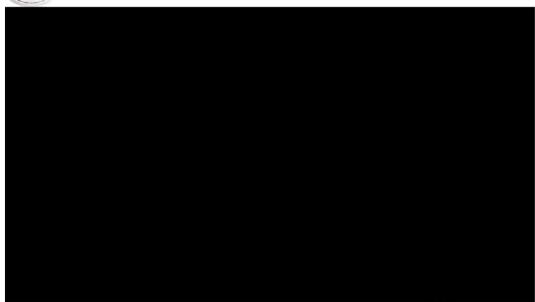
- water resistant or waterproof?
- likely to be durable (long lasting)?
- stretchy?
- made of thin material or thick material?



A.7. Cushions:10

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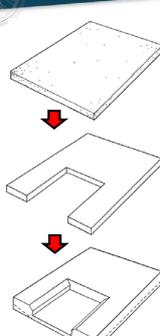
BASIC LEVEL



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BASIC LEVEL

Cushion lift – to reduce unsafe pressure



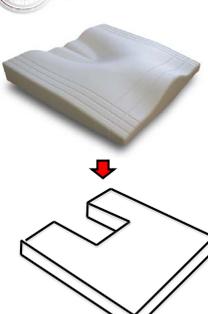
- To reduce unsafe pressure add a 'lift' **on top** of the base layer and **under** the comfort foam layer.

A.7. Cushions:12



BASIC LEVEL

Cushion lift – to reduce unsafe pressure



- To reduce unsafe pressure with moulded pressure relief cushion add a 'lift' **under** the bottom of the cushion, with .

A.7. Cushions:12



BASIC LEVEL

Key point summary

- There are many different types of cushions.
- Depending on the type of a cushion, it can provide comfort, help users to sit upright, and relieve pressure.
- Every wheelchair user should have a cushion.
- Wheelchair users who are at risk of developing a pressure sore should have a pressure relief cushion.
- When a pressure relief cushion is prescribed (selected) always test if the cushion is reducing pressure. If the pressure is unsafe, add a 'lift' . Always re-test the pressure after making any changes.

A.7. Cushions:13

