

NSW SSCIS NSW State Spinal Cord Injury Service gmct

Spinal Seating Professional Development Program

Module 8 - Pressure Management
http://www.health.nsw.gov.au/gmct/spinal/ssdpd/module_08_6b.asp

Resource attachment: "Handy tips for Jay^R cushions prescriptions and set up"

Seating Education Website:
<http://www.health.nsw.gov.au/gmct/spinal/education.asp>

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Commonly used cushions for clients with spinal cord injury :

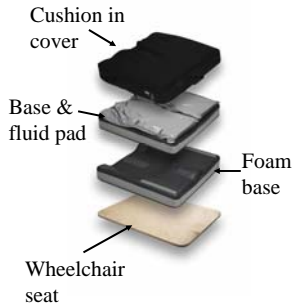
Jay2 and Jay2 Deep contour cushions -

- Foam base has a rear well
- Cushion should be used on a flat surface or a firm base to maintain the well shape
- Overlay fills well with fluid for immersion and shear reduction properties. Fluid is viscous with a consistency that moves like toothpaste
- Distribute weight through GTs and thighs with ITs suspended in fluid.
- With J2 & J2 Deep it is critical that correct size cushion is prescribed

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J2 Cushion

- Base contoured, closed cell foam
 - Relatively lightweight
 - Waterproof
 - Can be cut
- Well 6.75cm (2.5") deep so potential for immersion without bottoming out
- Can get recline fluid pad
- Additional postural supports available




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J2 Deep

- All the features of the J2 cushion
- Well 7.5cm (3") deep allowing more immersion
- Soft foam in fluid pad extends across base of well



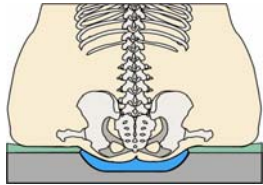
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Correct Width J2 & Jay 2 Deep

Correct well width

- Fits the client's pelvis (skeletal) anatomy
- The greater trochanters should be supported on the edge or slope of the well
- The ischial tuberosities should be allowed to immerse into the pressure-relieving fluid in the well

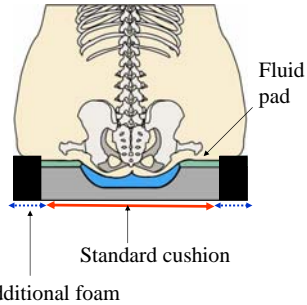


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Measuring for Jay2 cushions

- Measure GT to GT width for Jay 2 and Jay 2 Deep cushion width
- If hip width is wider than GT width, still order GT width with extra foam on sides
- Consider well reducer and fluid pad size



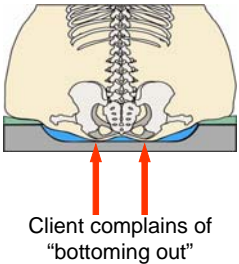
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J2 Cushion Incorrect Size

Well size too wide:

- Trochanters sink into well, not supported on edge
- Ischials bottom out in well
- Common with:
 - **Bariatrics** - hip (soft tissue) width is significantly > trochanter width. Cushions ordered to fit hip width or chair width vs trochanter width
 - **Pediatrics** - build in too much growth
 - **Geriatrics** - in standard chairs that do not fit



Client complains of "bottoming out"

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How to test for bottoming out?

- Position client in chair in optimal position for 20–30 minutes
- Transfer client out of the cushion by lifting as much as possible (vs sliding)
- Find points of deepest immersion of the pelvis in the fluid
- Push into the fluid at these points – there should be at least ½" of fluid between the deepest points and the firm foam base

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Why Is Client Bottoming Out

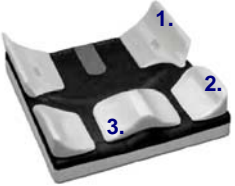
- Bottoming out in middle of well bilaterally
 - Cushion too wide?
 - Overall cushion width correct, but well size too wide?
- Bottoming out in front of well
 - Cushion too short?
 - Sitting in posterior pelvic tilt?
 - Fixed – does client need cushion with longer well?
 - Flexible – can posture be corrected to upright?
 - Cushion sliding back behind back posts?
- Bottoming out on one side
 - Fixed or flexible obliquity?

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J2 Cushion Accessories

Used for enhancing postural support

1. Lateral pelvic support
2. Lateral thigh support
3. Medial thigh support
4. Fluid supplement pads – not shown on photo
5. Lateral and anterior well reducers – not shown (part of Jayfit System but fit J2 cushions)



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<h3>Maintenance</h3> <ul style="list-style-type: none"> ■ Clean with warm soapy water ■ Covers can be washed in washing machine ■ Check for leaks in fluid pad ■ Check for bottoming out in areas of fluid pad, if present knead fluid so good distribution over entire area <p>Jay cushion user guide: http://www.health.nsw.gov.au/resources/gmct/spinal/usejay_pdf.asp</p>	<h3>Replacement:</h3> <ul style="list-style-type: none"> ■ Fluid leakage ■ Fluid volume may decrease ■ Fluid is firm ■ Velcro attachment failed ■ Seam detached – Fluid compartments failed
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Try prescribing a Jay2 Cushion on yourself or a colleague:

- Measure each other and work out what size cushion you would need
- Sit on a correct well size cushion – allow time to immerse
- Sit on the wrong well size cushion
- Check for bottoming out
- Use accessories

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