EVALUATION OF COMFORT GLIDE® IN ICU
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St. John’s Hospital

St. John’s Hospital, founded in 1875 by the Hospital Sisters of St. Francis, has 439 licensed beds and is a regional medical center serving the central and southern Illinois area. As the flagship hospital of Hospital Sisters Health System, it is also a primary teaching hospital for the Southern Illinois University School of Medicine.

Caregivers continue to suffer some of the highest rates of musculoskeletal injuries from overexertion, resulting in missed work days, decreased retention and billions of dollars in direct and indirect costs.1, 2, 3 Research shows that patient repositioning using a low-friction glide sheet may help reduce the risk of musculoskeletal strain and injuries to caregivers.4 Safe patient handling is equally important to patients. Bed-ridden patients are at risk for pressure ulcers, which can develop in as little as one hour.5 Risk factors include increased peak pressure points, friction and shear during movement, and moisture-associated complications. Frequent repositioning, using transfer sheets to reduce friction and shear, wedges to offload bony prominences and air-permeable drypads for moisture management, are essential to help prevent the development of pressure ulcers.6

The Comfort Glide Sheet is a repositioning sheet designed to help reduce the exertion needed to turn and reposition bed-ridden patients. The sheet is made of a low-friction nylon that has been shown to require thirty-five percent (35%) less effort than a standard draw sheet to initiate and maintain sliding,7 and has a soft, breathable microfiber that covers the entire top surface for patient comfort. The air-permeable materials allow the sheet to remain under the patient at all times and is compatible with low air-loss mattresses.8

The Comfort Glide Wedges are made of a high-density foam to help keep patients in the thirty degree tilt position recommended by the National Pressure Ulcer Advisory Panel (NPUAP), helping reduce pressure on bony prominences. These wedges also have a non-slip material that grips to any mattress or linen to reduce the risk of migration.

Comfort Glide Drypads are ultra-absorbent to ensure moisture management over extended periods of time, keeping patients twenty-six (26) times drier than other drypads. These pads work by drawing in moisture and locking it away for skin integrity. Air-permeable for optimal patient comfort with zero strikethrough, allows for use on low air-loss mattresses.8, 9

To evaluate the efficacy and safety of the Comfort Glide repositioning products (Comfort Glide Sheet, Comfort Glide Drypads, and Comfort Glide 30° non-slip Wedges) through evaluation of the patient’s skin.

This study was conducted in an intensive care unit (ICU). Data from 12 patients are presented.

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Category</th>
<th>All Patients</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>Mean</td>
<td>60.8</td>
<td>61.7</td>
<td>58.0</td>
</tr>
<tr>
<td></td>
<td>Standard Deviation</td>
<td>12.7</td>
<td>13.3</td>
<td>12.8</td>
</tr>
</tbody>
</table>

One Comfort Glide Sheet was used per patient during the ICU stay (up to 21 days). Comfort Glide Drypads were used on top of the Comfort Glide Sheet for moisture management of the skin and replaced as needed. Comfort Glide Wedges were used to help reposition the patient and offload bony prominences as needed.

Skin assessments were performed upon admission to the ICU and at the end of the study participation. Skin moisture was evaluated using the Braden Score. This score consists of six categories, including sensory perception, moisture, activity, mobility, nutrition and friction/shear to evaluate a patient’s risk of developing a pressure ulcer.

All patients receiving the Comfort Glide Sheet and Comfort Glide Drypad either maintained or improved their skin conditions at discharge from the ICU.

The longest exposure to the Comfort Glide Sheet and Comfort Glide Drypad was 21 days.

The patient with the longest exposure had an improvement in skin condition.

This study supports the use of the Comfort Glide Sheet, Comfort Glide Drypad and Comfort Glide 30° non-slip Wedges as effective devices for patient repositioning, maintenance of skin condition and prevention of risk factors associated with pressure ulcers during immobility.
### RESULTS

Each patient assessment category is ranked on a 4 point scale. The baseline average (+/- standard deviation) for each assessment category is shown below. The average baseline Braden Score for all patients was 10.8, indicating that patients were considered high risk for the development of pressure ulcers.

#### The Average Braden Score at Baseline

The numerical scores for Moisture ranged from 1 to 4.

![Baseline Braden Score](image)

<table>
<thead>
<tr>
<th>Sensory Perception</th>
<th>Moisture</th>
<th>Activity</th>
<th>Mobility</th>
<th>Nutrition</th>
<th>Friction/Shear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rarely Moist = 4</td>
<td>Occasionally Moist = 3</td>
<td>Very Moist = 2</td>
<td>Constantly Moist = 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Patient Daily Exposure to Comfort Glide

The Comfort Glide Sheet, Comfort Glide Drypad and Comfort Glide 30° non-slip Wedges were used daily throughout the patient’s stay in the ICU. A total of one-hundred and seventeen days (117) of exposure was documented. Patient exposure level ranged from 1 to 21 days and averaged 9 days.

![Exposure to Comfort Glide (Days)](image)

<table>
<thead>
<tr>
<th>Patients</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exposure to Comfort Glide (Days)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
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<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
</tbody>
</table>

#### Pressure Ulcer and Skin Condition Assessment

No negative skin conditions were observed, and no pressure ulcers developed on any patient. Braden Scores before and after Comfort Glide use were compared. All patients either maintained their skin conditions or saw slight improvement. No skin issues developed for any of the patients. No adverse events related to the use of Comfort Glide products were reported.

![Skin Condition Assessment](image)

<table>
<thead>
<tr>
<th># of Patients</th>
<th>Improved</th>
<th>No Change</th>
<th>Worsened</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

### REFERENCES


Some products may not be available for sale in Mexico or Canada. We reserve the right to correct any errors that may occur within this publication.