

Mölnlycke® Z-Flo™ Adult Fluidized Positioner Product Application Guide

Heel Positioning



Suggested Patient Inclusion Criteria²:

- Braden Score ≤ 18
- OR:
- Braden Subscore:
 - Mobility ≤ 2
 - Activity ≤ 2
 - Friction =1
- Ventilated/sedated
- Paralytics
- Vasopressors

Facility Recommendations:

- Follow your facility’s safe handling policies and procedures for patient positioning
- Label positioners with date and patient’s name using an indelible marker
- Positioners are single patient use but can travel with the patient across the continuum of care¹
- When soiled, clean positioner with a hospital-approved disinfectant
- If accidentally cut or punctured, clean up the contents with a degreaser (contact Housekeeping) and replace product

Always:

- ★ Start with a flattened positioner for initial positioning and/or repositioning
- ★ Cover positioner with a layer of linen or a disposable covering



1. Choose a positioner that is wider than the patient’s hips.
2. Place positioner under the calf and Achilles tendon.



3. With flat hands mold the positioner from the perimeter (near the calves and ankles) until heels are suspended above the support surface.



4. Ensure that legs are in alignment and that the bend of the knee is at 5-10 degrees.

Healthcare professionals agree that effectively positioning and repositioning a patient is the cornerstone of pressure injury prevention.² Repositioning safely protects both patients and their caregivers.³

How do fluidized positioners work?

Fluidized positioners are used to redistribute skin pressure and reduce friction and shear while supporting the patient’s body in a comfortable position until time to reposition again. Fluidized positioners uniquely conform to the patient’s body, responding three-dimensionally without predisposition to any shape, unlike a pillow. Fluidized positioners are not subject to the effect of gravity, as are bean-bag positioners and other tools. Fluidized positioners are designed to remain with the patient across the care continuum.¹

- Easily moldable and remoldable
- Maintains its shape
- Not made with natural rubber latex or DEHP
- Adaptable to multiple anatomical sites
- Single patient use only

Mölnlycke® Z-Flo™ Fluidized Positioner - Adult

Product Code	Description	Dimensions	Pcs/ case
1401001	Utility Positioner- Small with tab	11" x 22"	1
1401007	Utility Positioner - Small	12" x 20"	8
1401003	Utility Positioner- Medium with tab	16" x 30"	1
1401011	Utility Positioner- Medium	16" x 30"	1
1401005	Utility Positioner- Large	25" x 36"	1

Mölnlycke® Z-Flo™ Adult Fluidized Positioner Product Application Guide



Turning-Lateral and Head Positioning

Suggested Patient Inclusion Criteria²:

- Braden Score ≤ 18
 - OR:**
 - Braden Subscore:
 - Mobility ≤ 2
 - Activity ≤ 2
 - Friction =1
 - Ventilated/sedated
- Abnormal posturing of neck
 - Paralytics
 - Vasopressors
 - Prominent occiput

Facility Recommendations:

- Follow your facility’s safe handling policies and procedures for patient positioning
- Label positioners with date and patient’s name using an indelible marker
- Positioners are single patient use but can travel with the patient across the continuum of care¹
- When soiled, clean positioner with a hospital-approved disinfectant
- If accidentally cut or punctured, clean up the contents with a degreaser (contact Housekeeping) and replace product

Healthcare professionals agree that effectively positioning and repositioning a patient is the cornerstone of pressure injury prevention.² Repositioning safely protects both patients and their caregivers.³

Always:

- ✦ Start with a flattened positioner for initial positioning and/or repositioning
- ✦ Cover positioner with a layer of linen or a disposable covering

Turning-Lateral



1. Choose a positioner that runs the length of the patient’s shoulders to sacrum.
2. Turn patient just past the desired angle and place positioner against the support surface where it meets the patient’s back. The positioner should extend from the patient’s shoulders to sacrum.



3. Allow the patient to slightly roll back onto the positioner at the desired angle and then, using flat hands, mold the positioner to the patient’s back.



4. Ensure the patient’s body is in neutral alignment. For patients in a side-lying position, separate the knees and ankles with a positioner or pillow.

Head Positioning



1. Choose a positioner slightly broader than the shoulders.
2. Place positioner under the head and neck and align with top of the shoulders.



3. With flat hands mold the positioner from the perimeter towards the ears to fill in the cervical spine area. Use your thumb to mold divots to accommodate ears as needed.



4. Ensure head and neck are in neutral alignment. Force material below the occiput to increase neck extension.

Mölnlycke® Z-Flo™ Fluidized Positioner - Adult

Product Code	Description	Dimensions	Pcs/ case
1401001	Utility Positioner- Small with tab	11" x 22"	1
1401007	Utility Positioner - Small	12" x 20"	8
1401003	Utility Positioner- Medium with tab	16" x 30"	1
1401011	Utility Positioner- Medium	16" x 30"	1
1401005	Utility Positioner- Large	25" x 36"	1

References 1. Brennan M and Laconti, D. Using Conformational Positioning to Reduce Hospital-Acquired Pressure Ulcers. Journal of Nursing Quality, 2013 2. National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel, and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers. Clinical Practice Guidelines. Emily Haessler (Ed). Cambridge Media: Perth Australia, 2014. Ppg 68-72;91-101. 3. Walters, T., Short, M., Lloyds, J. et al. AORN Ergonomic Tool 2: Positioning and Repositioning the Spine Patient on the OR Bed. AORN Journal, April 2011 Vol93 No4

The information provided herein is not to be construed as the practice of medicine or substituted for the independent medical judgment of a patient’s treating clinician. This information, including but not limited to suggestions for product selection and suggested use is based on generalizations and does not consider the unique characteristics of an individual patient. Each patient’s clinician shall remain solely responsible for assessing patient, determining the appropriate treatment and managing treatment. For additional information, please refer to the applicable product insert or contact Mölnlycke Health Care at 1-800-843-8497.

Z-Flo is a trademark in the United States and other countries of EdiZONE, LLC of Alpine, Utah, USA.
The Mölnlycke, trademarks, names and logo types are registered globally to one or more of the Mölnlycke Health Care Group of Companies. Distributed by Mölnlycke Health Care US, LLC, Norcross, Georgia 30092.
© 2018 Mölnlycke Health Care AB. All rights reserved. MHC-2017-35832

