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## Nursing Information 2

**Micro-stimulation –  
a new pressure ulcer treatment represents  
a step forward for nursing!**

**IGAP**

Institute for Innovations in Healthcare  
and Applied Nursing Science

Dear reader,

The prevention and treatment of pressure sores plays an extremely significant role in day-to-day nursing, a role that continues to increase in importance in view of the polypathia arising from demographic developments.

Taking a closer look at the care of decubitus patients increasingly reveals deficits, especially in the areas of pressure care systems, positioning and transferring techniques.

National and international nursing research has been concerned with these problems for a considerable time. Research findings have led to the establishment of the first national expert standard on the prevention of pressure sore. This standard verifies traditional methods, such as appropriate skin care and risk-assessment using standardised scales, while also integrating new concepts in specialist care. Central issues in the care of this group of patients include gravity-reducing positioning and transfer methods that prevent damage to tissue, promotion of patient mobility and the training and instruction of all nursing and care personnel.

The expert standard's findings place new demands on pressure care systems. Pressure and gravity reduction are still indispensable product attributes, but they alone no longer suffice. Effective pressure care systems should be capable of preserving and improving patients' mobility and should have a positive effect on the patient's self-perception and body image, so that neither nursing care nor the progress of the patient are adversely affected.

These discoveries in nursing research have led to the development of a new type of pressure care system: Micro-stimulation systems.

#### **Micro-stimulation:**

The slight movements of micro-stimulation systems preserve and promote patients' mobility. This helps to ensure normal circulation in the tissue, preventing the development of pressure sores, i.e. creating ideal conditions for wounds to heal.

## How micro-stimulation systems work

- Uniform supporting surface distributes pressure evenly, avoiding pressure points.
- The system structure allows patients to be positioned so as to minimize damage to tissue.
- Feedback between the minute movements of the pressure care system and the patient's body preserves and promotes the patient's mobility.
- This feedback encourages patients' mobility by helping to preserve their self-perception.

## Positive effects of micro-stimulation systems on patients

- Prevention of spasticity and contracture.
- Fosters patients' self-perception and body image.
- Promotion of patient mobility.
- Prevention of habituation
- Physiological positioning without pressure points aids and supports pain therapy.
- Avoids negative effects on patients' spatial and temporal orientation.
- Encourages an anatomically correct position and creates a physiological microclimate by using breathable materials.
- Positive effects on the quality of sleep and rest.
- Promotes the patient's well-being and supports the healing process.

Micro-stimulation systems have proven to be remarkably effective in practice. No side effects or contraindications have been observed to date. Especially positive results have been observed in the treatment of patients suffering from:

- Apoplexy
- Dementia
- Altered or impaired body image
- Patients suffering from acute pain

**This information indicates that the use of micro-stimulation systems can be recommended in the specialist care of patients undergoing treatment for pressure sores.**

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