



Contact Name: _____

Phone number: _____

Using your APP&P in the home A Guide for Patients in the Home

APP&P

An **APP&P** stands for **A**lternating **P**ressure **P**ump and **P**ad. Alternating Pressure Pads are designed to automatically change the pressure points beneath the patient every 2 ½ to 4 minutes. This is accomplished by alternately filling and emptying adjacent cells in the pad. This constantly changing pressure greatly reduces the danger of decubitus ulcers or pressure sores. The caregiver should check this movement daily by placing his or her open hand on the pad for a long enough period of time to allow the system to cycle from full to empty.

- Your doctor has ordered for you to receive an APP&P for you to sleep on. Using an APP&P on your hospital bed will help with circulation in different parts of your body. Please contact AHC if you have more questions.
- The family or caregiver should also inspect the tubing from the pad to the pump daily. It should not be kinked, twisted, or pinched. Particular attention should be given to the ends of the tubes where they attach to the pad. This area is usually hidden by the sheet and is the most likely location of restricted airflow.
- An overall visual inspection of the pad should be made each time the bed linens are changed. If the pad is ever removed from the bed for any reason, care should be exercised to place it back on the bed.
- You will still receive a hospital bed mattress. The APP&P will go on top of the hospital bed mattress.

Instructions for Use of Equipment

- It will take 10 minutes for your APP&P to completely inflate.
- If you are experiencing problems with the APP&P moving around, you may want to add a second fitted sheet under the pad. You will still need to add a fitted sheet over the pad as well.
- You may change the firmness by adjusting the flow control knob, located on top of the pump. See picture of the pump on the right.



Special Instructions

- No pins or sharp objects of any kind should be used in the bedding.
- Hot objects such as heating pads should not be placed on the alternating pressure pad. Heating pads or heated under-blankets should not be used with the APP System.
- Solvents such as alcohol should not be come into contact with the surface of the pad. A mild detergent and water should be used for cleaning.
- Caution should be used when providing bed care such as bathing the patient, so as not to expose the pump unit to accidental spills. The pump unit should not be exposed to liquids or moisture from open windows, aerosols or any other source.
- The power cord should not be allowed to come into contact with hot surfaces such as a heat register, and it should always be kept clear of the moving parts of the hospital bed.
- If unusual noises are heard coming from the pump unit, or if the pressure is not alternating properly, please discontinue use and call our office immediately.

Frequently asked Questions

- How long will it take for the APP&P to be completely filled with air?
 - This process takes about 10 minutes.
- Does the pump need to stay on after the pad has completely filled with air?
 - Yes.
- What happens if the pad gets a hole in it?
 - Call AHC immediately for a new APP&P.
- Why does my APP&P feel like there's not enough air in it?
 - First check the hose attached to the pump and the APP&P itself. Make sure they are firmly attached. If they are firmly attached, there may be a hole in the pad and it will need to be switched out.