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Repose®

An effective aid in the prevention and treatment of pressure ulcers

Clinically effective[1,2,3] **Cost effective**[4,5,6] **Easy to use** **No maintenance** **Portable**

- Repose is a **reactive** mattress overlay. Pressure redistribution is achieved by **immersion**, maximising the skin surface area in contact with the support surface, thereby reducing the pressure exerted at the interface
- Repose has contributed to the successful treatment of more than **1 million patients**
- Repose "appears to offer a similar level of benefit in preventing pressure ulcers, with the potential for major cost reduction."
  Clinical trial; pressure ulcers; RCT; Repose v Nimbus™. [7]
- More patients are currently treated on Repose than any other pressure redistribution mattress in the UK

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Repose: The new pressure ulcer management paradigm?

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This literature review focuses on an NHS development which appears to be challenging the use of traditional high-tech dynamic devices both in terms of clinical efficacy and cost effectiveness.

According to certain estimates, the NHS spends between £2.4 and £3.1 billion each year managing pressure ulcers and associated conditions.[1] Typically, a NHS trust may spend between £60,000 and £300,000 annually on the provision of pressure relieving systems.[2] During the 1990's it was apparent to health care organisations that there was significant expenditure and growing usage of specialised pressure relieving systems. The challenge to clinicians was to demonstrate that cost effective outcomes were being achieved.

A paradigm shift

In 1995, occupational therapists at the University Hospital of Wales developed a static-air pressure redistribution mattress overlay with the purpose of replicating the performance of traditional dynamic mattress replacement systems, at a fraction of the cost. The development was then commercialised and marketed as the Repose mattress.

At the same time the Effective Healthcare Bulletin recommended the use of randomised controlled trials accompanied by economic analysis to provide reliable evidence on the relative cost-effectiveness of different intervention strategies. [3]

In a randomised controlled trial, Price et al (1999) compared the performance of the Repose favorably against the Nimbus Mattress in a study of patients at high-risk of developing pressure ulcers. The authors concluded "It is worth considering the use of alternatives with a lower unit cost. In this study no statistically significant difference was found between the low pressure overlay system (Repose) and the dynamic support system (Nimbus). The (Repose) appears to offer a similar level of benefit in preventing the development of pressure sores and merits further investigation due to the potential for major cost reduction". [4]

Subsequently a NICE commissioned report by the National Collaborating Centre for Nursing & Supportive Care (2003) stated "where appropriate, consideration should be given to selecting lower-cost devices". [5]

Further supporting evidence continues to be required to demonstrate significant results in comparisons between product as noted in the current EPUAP Pressure Ulcer Treatment Guidelines (2006) which states that "Information on the cost effectiveness of any of these devices is scarce".[6]

Use of Repose in a variety of health care settings

The Repose mattress is used in both primary and secondary care and can follow the patient throughout their journey of care. Hampton (2000) demonstrated the cost effectiveness of using Repose to facilitate discharge from hospital of patients at continued risk of pressure damage. [7]

Patient comfort

A silent and unobtrusive system located at home allows the patient to sleep with their partner and provides major positive benefits to the patient's quality of life.
Research by Price et al (2003) demonstrated that Repose aids patient comfort. "In this pilot study of a new mattress overlay, statistically significant improvements in sleep and pain were noted over a four-week period". [08]

Repose and clinical outcomes

In a randomised trial involving 50 patients, Osterbrink (2005) concluded "Repose provides a highly effective system that can be used … for both preventative and therapeutic purposes. Evidence was presented that patients with wounds in the classically exposed body points at risk of pressure sores who were supported on the Repose system showed an improved tendency to heal." [9]

A study by MacFarlane and Sayer (2006) in an acute setting concluded "The use of the Repose mattress overlays resulted in a dramatic reduction in costs, while the prevalence of pressure ulcers and hospital-acquired pressure ulcers dropped by 4-5%". [10]

This finding was subsequently echoed and quantified in another acute setting where Ballard Wilson (2006) demonstrated substantial cost savings gained by the paradigm shift when she concluded "There has been a definite shift away from the use of dynamic systems. Due to the increased availability of Repose mattresses, patients are being 'upgraded' more quickly. ... Although cost impact has not been looked at, the Trust was spending in excess of £300,000 per year on dynamic systems. The budget for all pressure relieving equipment is now £62,000 per annum. [2]

Summary

Health care professionals have a responsibility to ensure best use of resources.
This review suggests that there are sound reasons to examine the opportunities that the Repose product presents to provide patient comfort whilst challenging the paradigm that high tech products are not necessarily the best solutions in pressure ulcer management.

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