

# **GRADUATED SITTING PROTOCOL FOR PRESSURE SORE MANAGEMENT**

**Perform a skin check prior to sitting at all times**  
**Perform a skin check post sitting at all times**

**1<sup>st</sup> day sitting - client can sit up for 15 minutes BID**

- If skin condition does not deteriorate after 1<sup>st</sup> day, increase sitting time as outlined below
- If skin condition does deteriorate after 1<sup>st</sup> sitting, return to bedrest until re-evaluated by medical staff

**NOTE: once client progresses past 1<sup>st</sup> day sitting, it is recommended that a pressure relieving movement occurs every 15-20 min (3-4x/hour) while sitting up**

**2<sup>nd</sup> day sitting – client can sit up for 30 min BID**

- If skin condition does not deteriorate after 2<sup>nd</sup> day, increase sitting time as outlined below
- If skin condition does deteriorate after 2<sup>nd</sup> sitting, return to 15 min sitting only

**3<sup>rd</sup> day sitting – client can sit up for 1hr BID**

- If skin condition does not deteriorate after 3<sup>rd</sup> day, increase sitting time as outlined below
- If skin condition does deteriorate after 3<sup>rd</sup> sitting, return to 30 min sitting only

**4<sup>th</sup> day sitting – client can sit for 2 hrs BID**

- If skin condition does not deteriorate after 4<sup>th</sup> day, increase sitting time as outlined below
- If skin condition does deteriorate after 4<sup>th</sup> sitting, return to 1 hr sitting only

**Sit times can continue to progress on each occasion by doubling the overall length of time up from the previous trial as long as skin checks demonstrate no new pressure-related problems**