



Tech Tips – ROHO Q&As

What is the recommended process for cleaning a ROHO?

The great news about cleaning a ROHO cushion is that you can! Foam cushions and even some gel cushions that incorporate foam with the gel cannot be immersed in water. ROHO cushions are easily cleaned. Steps are:

- Deflate cushion - CLOSE valve
- Place in large sink or tub, use soft plastic brush, sponge to gently scrub between the air cells. "Ensure" (the food supplement) can paste the cells together - gently use the water to loosen them.
- Clean with liquid dishwashing or laundry detergent or other general purpose cleaner. Institutional general housekeeping disinfectant cleaner is OK.
- Disinfect after cleaning -with germicidal to meet infection control protocol or a bleach water solution (1/2 cup bleach per one quart water or 125 ml bleach to one litre of water). Soak the cushion in the bleach solution for 10 minutes, rinse thoroughly and dry or sit to dry.
- Covers can be machine washed in cold water with any of the above cleaning products.
- High temperature (over 200oF) sanitization or autoclaving is not recommended. If this must be done for protocol, open valves and use the lowest allowable temperature for the shortest possible time.

How can I monitor a ROHO cushion for a client in a facility?

- Two pressure monitors are available which have alarm functions to let the client or caregiver know when the inflation of their ROHO cushion has changed from the set up - the Merlin and the I Pressure.
- Both the Merlin and the I Pressure require the initial set up to be done using the traditional hand inflation method. ([ROHO inflation guide](#))
- Merlin runs its own check of the inflation (based on proximity) every 10 minutes. If the inflation in the cushion changes, an audible alarm will sound and the light will change from GREEN to RED (underinflated - add air) or YELLOW (overinflated - remove air). It can also perform an instant check if you press the button to check the inflation. An audible beep to inform you the check has been done; the light will change colour if adjustment is required. ([Merlin Proximity Sensor](#))
- I Pressure has a 3 light display face to indicate if the cushion is OVER inflated (RED), Set (GREEN), or UNDER inflated (RED). The OVER or UNDER inflation have clear photos, but the light turns RED for either. When the cushion is adjusted to the preset inflation level, the light will switch from RED to GREEN. The cushion pump must be attached to the i Pressure and used through the i Pressure to inflate or adjust the cushion. The device automatically turns on when the client sits on the cushion, but it takes more steps to set up the i Pressure than the Merlin.

How do I get more stability from a ROHO cushion?

1. Proper inflation. An overinflated cushion reduces the therapeutic value of the cushion and the client may feel more unstable.
2. nexus Spirit. The nexus Spirit which combines foam and a ROHO support pad may be suitable for clients at moderate risk of skin breakdown and needing contoured foam for transfers or positioning.
3. Contour Select. With different cell heights, including lower cells to help stabilize the pelvis in the back of the cushion and the Isoflo Memory Control lock that locks the air into each of 4 quadrants to minimize side to side and front to back motion common with air cushions.
4. Quadtro Select. Allows you to position the client as you want them to sit in the cushion and then lock the air with the Isoflo Memory Control. Same as the Contour Select, air flow is then limited to within each of the 4 quadrants.