

## Road to Recovery: Improvement of Mobilisation and Increase in Patient's Safety

- ↑ **Early mobilisation**
- ↓ **Reduced risk of fall**
- ↑ **Increased patient's safety and comfort**

### Introduction

Martin\* (age 64) was admitted to hospital for tachycardia. On admission he weighed 224kg and had the following past medical history:

- **Mild learning disabilities and mental health illness**
- **Lymphoedema to both legs**
- **Depression**
- **Cancer**
- **Heart disease**
- **Memory problems**

Prior to admission, Martin was semi-mobile with the assistance of two walking sticks when he was outdoors. Martin also has a carer with him as he becomes disorientated at times. When Martin was admitted to hospital, he was immobile.

Martin has yet to be discharged and he has been assessed twice by Medstrom's Clinical Advisor since being admitted.

*\*Martin is not the patient's real name*

### Clinical Challenges

Martin was admitted to hospital with tachycardia. This condition makes the heart suddenly beat faster than normal (usually over 100 beats per minute).

Martin's skin integrity was vulnerable upon admission. He had severe inflammation on both legs due to a history of lymphoedema to both legs. After assessment from ward staff, he had a Waterlow score of 25, which indicated he was at very high risk. Due to the very high risk factors, a support surface that could assist with turns to redistribute the pressure from Martin's legs was noted as a significant clinical need.

Mobilisation was also a challenge as Martin was immobile, therefore making him fully dependent on caregivers.

### Patient objectives

- **To become well enough to be discharged**
- **Safe mobilisation**



## Introduction of Medstrom's Bariatric Equipment Package

Initially Martin was nursed on the Bari10A bed and a TurnCair 1000. After assessment by Medstrom's Clinical Advisor, the equipment was altered to accommodate Martin's needs as he became more mobile.

### Step one:

**Bari10A Bed:** The platform sections of the Bari10A bed could be shortened and lengthened, providing a maximum platform width of 122cm (compared to a standard hospital bed of approximately 90cm). This gave the patient extra space, but this also allowed the caregivers to shorten a platform section in order to nurse the patient. Furthermore, the bed has a maximum height of 86cm, which makes it safer and easier for caregivers to nurse their patients. This also reduces the risk of manual handling injuries.



**TurnCair 1000 Low Air Loss Surface:** This provides a high specification of support surface for pressure redistribution. The TurnCair 1000 also includes a TurnAssist feature that allows safe and dignified handling of the patient. Due to Martin's fluid retention in his legs, the gentle timed turn also enabled pressure redistribution of his legs. From a manual handling perspective, as Martin was fully dependent on staff, the TurnAssist supported staff to mobilise and reposition him.

### Stage Two: Step Down

**MMO 8000 Bed:** This bed was used for a 'step down' stage for Martin from the Bari10A, in order to promote early mobilisation. The bed has an ultra-low height of 21cm which allows 99% of the UK male population to mobilise safely. Once Martin is able to mobilise, the customisable, programmable optimum egress height could be set at his popliteal height<sup>1</sup> for safe bed egress and ingress. The bed also has a maximum height of 83cm allowing manual handling and tissue viability teams to nurse Martin, with the prevention of injury risks.



**Riser-Recliner Chair:** The Riser-Recliner has a range of width from 28" (71cm), 32" (81cm) and 34" (86cm) which could accommodate for Martin's wider shape. The chair allowed him to sit out of bed, recline and mobilise as the chair had a feature which assisted him to transition from a sitting to a standing position, improving his mobilisation.

**Bariatric Rotunda:** Initially, the ward had a ReTurn 7600 to help Martin stand up and be transferred to a chair. However, this made Martin feel nervous and created anxiety regarding the risk of a fall. Therefore, the Bariatric Rotunda with knee support was chosen for Martin. The Rotunda has a splayed design which could support wider patients like Martin, allowing him to safely stand on the equipment. The adjustable turntable has a smooth pivoting motion which effortlessly pivots the patient, eradicating manual handling effort and strains.

### Medstrom's Clinical Advisor commented:

"I arranged an assessment of the Bariatric Rotunda for Martin. He commented that he **felt much safer and comfortable with using this equipment** instead of the ReTurn 7600. He **didn't feel like he was going to fall** from the Rotunda. It was **an effortless piece of equipment** to assist Martin from a sitting position on his bed to a standing position, **allowing him to mobilise and relocate** to a chair. **Staff was happy** with the pivot motion as they didn't feel any strains from their part."



**Decrease patient's anxiety**



**Improvement in mobilisation**



**Reduced manual handling injury**

## Summary

Although Martin has further progression to make before being discharged, the Medstrom Select equipment range has given him all the suitable tools needed for his road to recovery.

This example has provided clear evidence that every patient should be treated as an individual and what works for one patient, may not work for another. By utilising the Medstrom Select equipment and advice from Medstrom's Clinical Advisor, equipment was appropriately selected to enable confident mobilisation, whilst protecting staff and ensuring all avoidable harm to the patient (such as pressure ulcers) was prevented.

This case study also shows how acknowledging the patient's safety concerns and making their voice heard, the right equipment can be chosen which results in increased motivation and confidence to enable faster discharge.

### Martin commented:

"The Rotunda provided by Medstrom made me **feel safer** than the other equipment I had been given. **I didn't feel that I was going to fall back and the handles gave me support** when I was being turned. A great piece of equipment which **helped me to mobilise more.**"

### References

1. Martindale D (2021). Calculating bed height for hospital patients using popliteal measurement. Nursing Times [online]; 117: 10.

**To discover more about Medstrom's range of solutions for dignified plus-size patient care and enhanced support for caregivers, contact Medstrom's Bariatric Product Specialists 24/7/365 on:**

**UK: 0845 371 1717 or [info@medstrom.co.uk](mailto:info@medstrom.co.uk) IRE: 01 686 9487 or [info@medstrom.ie](mailto:info@medstrom.ie)**