

Better Quality of Life: Improvement in Mobilisation and Engagement Post-Surgery

- ↑ Increased mobility post-surgery
- ↑ Improved well-being
- ↓ Reduced time in bed

Introduction

Richard* (age 65) was admitted to hospital due to an infected diabetic foot. He weighed 155kg and had the following past medical history:

- **Type 2 diabetes (insulin dependent)**
- **Hypertension**

Prior to admission, Richard's mobility was limited due to pain and infection in his affected foot. Upon admission, he was placed on bedrest due to the severity of the infection.

**Richard is not the patient's real name*



Clinical Challenges

After admission, Richard developed sepsis which stemmed from his infected foot. The foot infection became so severe that it unfortunately resulted in a below-knee amputation. He was understandably extremely anxious prior to the surgery. Overall, his mobility was severely restricted as he was bed-bound before surgery and for two weeks after. He could turn and reposition himself in bed, but chose to remain on his back for long periods of time and was reluctant to engage with staff initially with exercises and in-bed mobility. He was therefore at risk of deconditioning and developing complications of immobility.

Richard had no other skin damage other than his diabetic foot on admission, however, his Waterlow risk score was 18, putting him in the high risk category.

Patient Objectives

- **Regain ability to mobilise**
- **Prevent complications of immobility**
- **Engage with rehabilitation team and recommence activities of daily living**

Introduction of Medstrom's Bariatric Equipment Package

Following admission, Richard was nursed on the Bari10A bed and TurnCair 1000 low air loss surface. After the assessment by a Medstrom Clinical Advisor and discussion with the Ward Nurse, it was agreed that he was on the right equipment. Two weeks after his surgery, the physiotherapy team requested a Bariatric Tilt-in-Space chair as they were keen for him to sit out of bed.

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 width of approximately 90cm). This gave Richard extra space, but also allowed the caregivers to shorten a platform section in order to get closer and reduce manual handling risks. Furthermore, the bed has a maximum height of 86cm, which makes it safer and easier for caregivers to nurse their patients.

Additionally, the Bari10A has sturdy and robust side rails which helped with Richard's independent repositioning.

TurnCair 1000 Low Air Loss Surface: This provides a high specification of support surface for pressure redistribution, and a TurnAssist feature that enables safe and dignified handling of patients. The TurnAssist helped the nursing team with manual handling as it enabled them to care for Richard safely. Due to Richard's high risk score, the low air loss therapy also ensured he was on a high therapeutic surface to prevent pressure ulcers.



Bariatric Tilt-in-Space Chair: The Bariatric Tilt-in-Space chair was brought in to conduct lateral transfers for Richard, in order to sit him out for a few hours. The chair could be laid out flat with one button to enable the transfers to happen. Furthermore, the chair's arms and wings could be folded away to ensure a safe and smooth transition.

The chair also has an auto-chair function which puts the platform from a laying position into a sitting chair position. This allowed Richard to sit out for at least three hours per day and participate in activities, improving his quality of life significantly and preparing him for discharge home.

Summary

The bariatric equipment provided for Richard gave him the dignified and safe care he needed. From enabling him to lay in bed with comfort and no skin breakdown, to sitting up and partaking in activities. The bariatric chair especially helped to meet Richard's objectives as he was able to engage and mobilise whilst he was on the chair which was fundamental in his recovery. Once out of bed, he became much more engaged and concordant in his care and rehabilitation.

The use of the Bari10A bed and the TurnCair 1000 low air loss surface also minimised the risk of manual handling injuries for the nursing team when they were providing care for Richard and provided him with the therapy he required to avoid any further skin damage. Overall, both the patient and the staff benefitted from the equipment package which was used.

Medstrom's Clinical Advisor commented:

"Richard was **extremely happy with the equipment package** which Medstrom has provided. He found the bed **comfortable and his sleep was improved**. Although he was reluctant to reposition, he **did not develop any skin damage**. Furthermore, the Bariatric Tilt-in-Space chair **improved his mood** as he could participate with activities like he would at home."

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:

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