

The Right Equipment: Improvement of Pain Management and Retained Independence

- ↑ **Maintained independence**
- ↑ **Increased comfort**
- ↓ **Reduced pain**

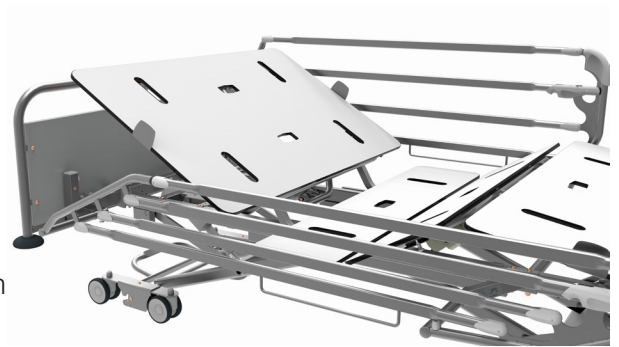
Introduction

Jessica* (age 36) was admitted to hospital due to abdominal pain. She weighed 150kg and had the following past medical history:

- **Pulmonary embolism**
- **Anxiety**
- **Sciatica**
- **Polycystic ovary syndrome**
- **Recurrent pyelonephritis**

Prior to admission, Jessica was mobile and was independent enough to do her day-to-day routine. Upon admission, she was still able to mobilise and could self-reposition.

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



Clinical Challenges

In addition to the high levels of abdominal pain, Jessica was also suffering from a fever, nausea, vomiting, constipation, chest pain and shortness of breath. On assessment, it was discovered that Jessica had a right adnexal cyst, requiring an urgent admission to Surgical Assessment Unit (SAU).

On admission, Jessica had no existing skin damage.

Patient Objectives

- **Retain independence**
- **To participate in rehabilitation**

Introduction of Medstrom's Bariatric Equipment Package

Initially, Jessica was nursed on a standard hospital bed and a foam mattress before the assessment from Medstrom's Clinical Advisor. After the first assessment, it was advised that Jessica was transferred to a MMO 8000 bed and a TurnCair 1000 low air loss surface. After a second assessment, Medstrom's Clinical Advisor also prescribed a Bariatric Riser Recliner Chair to help maintain Jessica's level of independence and mobility for any time spent out of bed.

MMO 8000 Bed: This bed has a platform of 110cm which gave Jessica the space to move safely and comfortably, compared to the standard hospital which is about 20cm narrower. The MMO 8000 also has an elliptical regressing backrest which avoids compression and abdominal crunching as it accommodates for changing morphology. This significantly assisted with Jessica's pain management around the abdominal area, increasing her comfort levels.

Regarding the patient's mobility and independence, the bed further provides an ultra-low height of 21cm which allows 96% of the UK female population to mobilise safely off the bed. This allowed Jessica to self-mobilise carefully as the bed's customisable, programmable optimum egress height could be adjusted to stop at her popliteal height¹, retaining self-sufficiency. Additionally the maximum platform height is 83cm which offers a safe height for 98% of UK adults that, from a manual handling perspective, benefits the staff by reducing injuries and risks.

TurnCair 1000 Low Air Loss Surface: This mattress provides a high specification of support surface for pressure redistribution, plus a TurnAssist feature that enables safe and dignified handling of patients. To maintain Jessica's comfort and pain levels, the TurnAssist feature allowed gentle timed turns which helped to decrease 'hands on' elements by staff. As a result, this avoided excessive movement that could exacerbate Jessica's abdominal pain. Furthermore, TurnAssist helped staff to turn and nurse Jessica without the risk of manual handling injuries.



Although Jessica did not have existing skin damage, the low air loss therapy helped to keep her skin drier and cooler, preventing any skin damage from occurring.

Bariatric Riser Recliner Chair: The Riser-Recliner comes in three different widths; 28" (71cm), 32" (81cm) and 34" (86cm). The 34" width was the best fit for Jessica's body morphology. As her clinical condition improved, the Riser-Recliner was advised to encourage mobility and independence. With the chair's intuitive one-button function, it enabled Jessica to transition from a sitting position to a standing position which assisted her to mobilise easier and safer. Additionally, the sturdy arm rest provided Jessica a stable surface for her to use as support when standing up or sitting down when mobilising.



Reduced abdominal crunching



Hands-off nursing care



Improved rehabilitation

Summary

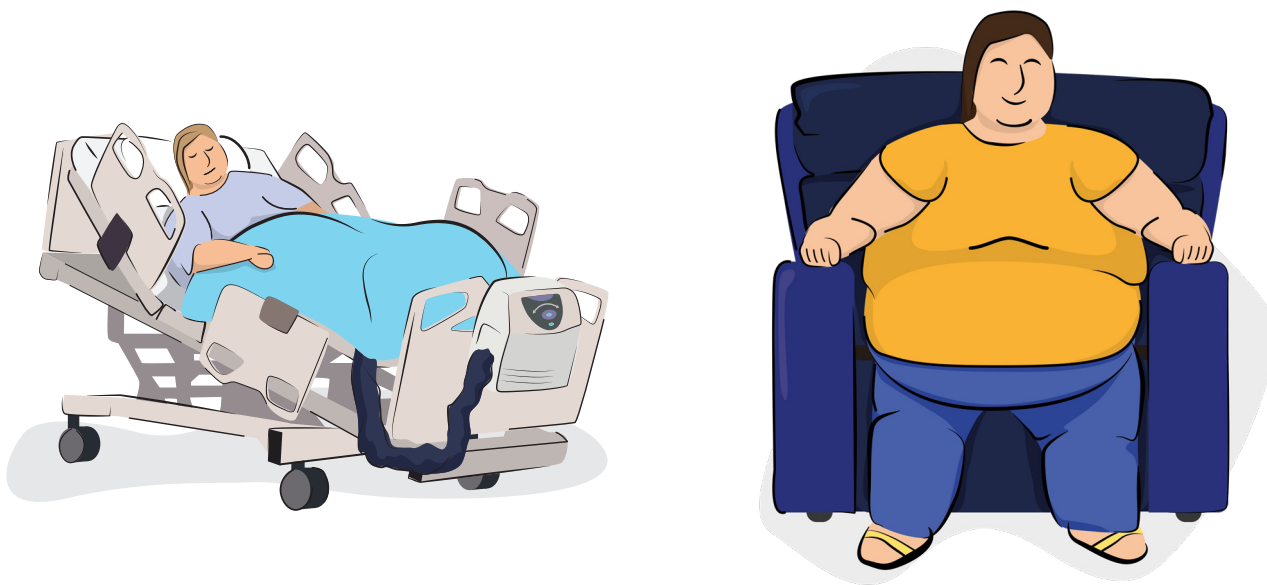
By the time Jessica was medically fit for discharge, all of her objectives had been met. The equipment package provided for Jessica helped to manage her pain levels, avoiding any abdominal crunching and 'hands on' nursing care that could aggravate the abdominal area. Thanks to the innovative functions of the MMO 8000 bed and the Bariatric Riser Recliner, independence and mobility was maintained. The TurnCair 1000 low air loss surface helped to prevent any skin breakdown and her skin was intact when she was discharged.

Medstrom's Clinical Advisor commented:

“When I assessed Jessica, she was on a standard hospital bed which did not provide her enough space to move around. I asked for her to be transferred onto the MMO 8000 bed and TurnCair 1000 low air loss surface which **gave her more room to reposition comfortably**. On admission she did not have any skin damage and the TurnCair 1000 low air loss surface was **able to keep her skin integrity intact** upon discharge. Also, the TurnAssist feature helped to **reduce Jessica's pain to a tolerable level**. The second time I assessed Jessica, her medical condition improved and the Riser-Recliner was the perfect product to rehabilitate her enough for hospital discharge. This allowed her to become **more independent and encouraged mobilisation**.”

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 IRE: 01 686 9487 or info@medstrom.ie