

## Bedbound to Homebound: Effective Use of Products to Stimulate Mobility and Improve Patient Well-Being

- ↑ Improved mental health
- ↓ Reduced time in bed
- ↑ Increased comfort

### Introduction

Sheila\* (age 73) was admitted to hospital due to confusion, slurred speech and hypokalemia. Sheila weighed 202kg when admitted, and had the following comorbidities:

- **Obstructive sleep apnoea**
- **Depression**
- **Anxiety**
- **Chronic obstructive airway disease**
- **Home non-invasive ventilation**
- **Heart failure**
- **Diabetes**
- **Hiatus hernia**



Before admission, Sheila was not mobile and was dependent on two carers that repositioned her four times a day. Furthermore, at home, she had a hoist to assist with care and mobility.

On admission, Sheila's mobility was the same as at home and she was fully dependent on hospital staff.

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

### Clinical Challenges

When Sheila was admitted, she had hypokalemia which meant that she had low potassium levels in her blood. Potassium is important for the body especially for heart cells and it also helps nerves to send their signals. This was likely to worsen Sheila's disorientation on admission, making her a very complex patient. Sheila's previous medical history of heart failure and breathing difficulties also exacerbated the current situation.

On admission, Sheila's skin integrity was poor and she had red blanching to both buttocks and sacrum.

### Patient Objectives

- **To be medically fit for discharge**
- **Increase time sitting on a chair**

## Introduction of Medstrom's Bariatric Equipment Package

Upon hospital admission, Sheila was nursed on a standard bed and foam mattress. After assessment from Medstrom's Clinical Advisor, it was recommended that Sheila was nursed on the MMO 8000 Bed with TurnCair 1000 low air loss.

**MMO 8000 Bed:** This bed has a platform of 110cm (compared to the standard hospital which is about 20cm narrower) which gave Sheila ample space to reposition for her morphology. On the MMO 8000, a cardiac chair position is achieved with one button. This position was deemed a key benefit for Sheila as it helped to keep her upright from a respiratory management perspective whilst she was spending long periods of time in bed.

The MMO 8000 also has a maximum platform height of 83cm, offering a safe working height for 98% of UK adults. As Sheila was predominately nursed in bed during her admission, it greatly benefited 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. The gentle timed turns create continuous lateral rotation and support respiratory management. This helped to mobilise Sheila's lung secretions and prevented further respiratory deterioration. The TurnAssist feature also supported staff as it enabled frequent repositioning without the risks of injuries. Furthermore, the low air loss therapy helped to keep her skin drier and cooler for comfort and prevention of skin breakdown.



**Bariatric Static Chair:** In the early stages of recovery, Sheila was hoisted from the bed to sit in Medstrom's bariatric static chair. Being able to sit out of bed helped from a psychological perspective as Sheila was able to converse better within the ward environment. As Sheila's clinical condition improved, having access to the bariatric static chair enabled her to comfortably sit out whenever she felt able to which greatly improved her mental health and well-being.



### Medstrom's Clinical Advisor commented:

"It was great to see the **progress of Sheila** from the cardiac chair position on the MMO 8000 to actually sit out of bed on the static chair. This shows the **journey Medstrom's range of equipment can support** and the **importance of utilising equipment at the right times**, in different stages to support an **effective rehabilitation process**. By the end of Sheila's hospital admission, her **morale had improved significantly** due to being able to sit out of bed **comfortably**."



Improved respiratory management



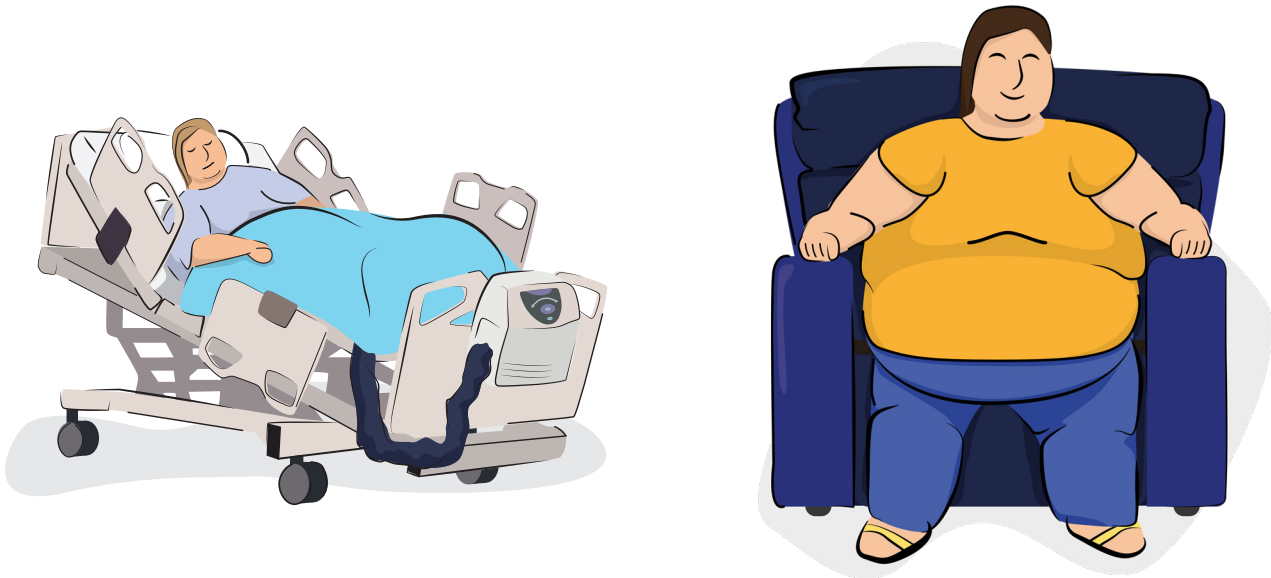
Increased comfort



Stimulation of mobility

## Summary

At the end of Sheila's hospital admission, all objectives had been achieved. Sheila's case study demonstrates effective use of Medstrom's 'one-stop-shop' range of bariatric equipment to provide speedy discharge by utilising different functions of the products at the right time. The end goal was discharge, however, mobility was also stimulated and psychological benefits were also achieved throughout Sheila's hospital stay, resulting in an overall positive experience for Sheila, despite her complex admission.



**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)**