



## From Feeling Trapped to Comfort: How an Equipment Change Benefitted a Patient Physically & Psychologically

- ↑ Improved comfort
- ↑ Mobility & independence maintained
- ↑ Psychological benefits

### Introduction

James\* (age 30) was admitted to hospital for investigation of pancytopenia. He weighed 170kg and had the following comorbidities:

- Tinnitus
- Nausea
- Frequent headaches
- Lethargy

James was fully mobile and independent at home and on admission to hospital. He had no skin damage. On admission he was given a standard width bed and mattress.

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



### Clinical Challenges

James needed a bed which he could comfortably sleep and change position in, and safely mobilise to and from. His initial bed and mattress didn't meet those requirements; although his weight was lower than the maximum patient weights of the bed and mattress, they were too narrow due to his body morphology.

The original bed and mattress could have had a detrimental effect on James' safety, potentially increasing the risk of him rolling out of the bed or being squashed and developing skin damage if the side rails were up. They also affected his in-bed mobility, when it was very important to maintain overall mobility.

### Patient Objectives

- Investigate pancytopenia
- Comfort
- Maintain mobility and independence

## Introduction of Medstrom's Bariatric Equipment Package

It was very important to James that he stayed on the main ward – he liked talking to the other men and didn't want to be on his own in a side room. When Medstrom's Clinical Advisor carried out James' assessment, before he received his new bed and mattress, **he commented:**

**"Is there an alternative bed I can have? I feel trapped in this one and I'm scared I'm going to roll out. It's not comfortable and it's a worry."**

A bariatric bed and surface were provided which would fit on the main ward. They would allow James to mobilise both within the bed and to and from it, and help to maintain skin integrity:

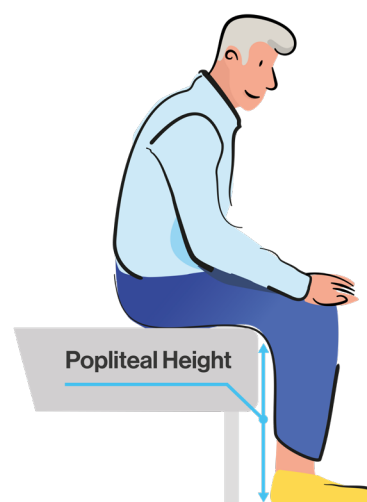
**MMO 8000 Bed:** This bed has a platform width of 110cm (approximately 20cm wider than a standard bed). This gave sufficient width for James to move safely and comfortably both within the bed and to and from it. The risks of him rolling out of the bed or being squashed were greatly reduced

The customisable, programmable optimum egress height allowed safe mobilisation to and from the bed at James' popliteal height<sup>1</sup> every time he got out of bed. This eliminates guesswork and allows safer mobilisation, reducing the risk of falls.

The elliptical backrest movement mimics spine elongation as a person moves from lying to sitting. This stops the patient from being pushed down the bed and prevents abdominal crunching, which provided more in-bed comfort for James

**P.R.O. Matt Plus Extra Wide Surface:** In powered mode, this surface provided continuous low pressure, giving excellent immersion and comfort. The Auto Firm mode provided a stable and safe surface when James was mobilising to and from the bed.

A chair was already in place which was wide enough for James to sit on safely and comfortably.



The new equipment eliminated all the problems that had occurred with the original bed and mattress. James was able to mobilise safely, and the bed was much more comfortable for him. He stayed in hospital for a total of 10 days, fully independent with no loss of mobility.



**Mobility**



**Independence**



**Safety**

## Summary

This case study demonstrates how some equipment, even though it ticks certain boxes, may not be suitable for a particular patient. In James' case, his original bed and mattress ticked the maximum patient weight boxes, but his body morphology was such that the equipment was not suitable. Timely availability of wider equipment for plus-size patients is important for both physical and mental health.

Shortly before he went home, **James commented to Medstrom's Clinical Advisor:**

"I've been **happy on this bed and mattress**. They are **comfortable** and there are no issues at all with them. **Major improvement** from the others."



**Well-being**



**Comfort**



**Independence**

**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)**

## References:

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