



## Time to mobilize and train

**Hospitalized persons spend up to 17 hours in bed which has severe health consequences. Immobility increases the risk of pulmonary and skin complications, as well as loss of muscle mass and strength, influencing length of hospitalization and life functions after discharge.**

**It is therefore a high priority to mobilize patients very early and often during their hospital stay.**

**Challenges to this goal include risks such as pt. falls, high level of assistance required, and risk of injury, to name a few.**

The ceiling hoist and the correct slings can be the right work tools, which can support early mobilization and training of the hospitalized patient in a safety way for the patient and for the staff. The patient in ICU, the medical patient, the orthopedic patient and the bariatric patient can all benefit by using the ceiling hoist and slings.

Immobility in hospitalized patients increases the risks for:

- Respiratory consequences: pneumonia, atelectasis and pulmonary embolism
- Constipation
- Incontinence
- Pressure sore
- Deep vein thrombosis
- Reduced muscle strength and muscle mass
- Reduced physical fitness
- Reduced balance especially for the aged patient

*Source reference:*

- Coker RH, Hays NP, Williams RH, Wolfe RR & Evans WJ. (2015) Bed Rest Promotes Reductions in Walking Speed, Functional Parameters, and Aerobic Fitness in Older Healthy Adults. *J Gerontol A Biol Sci Med Sci*. January;70(1):91-96.
- Suetta C, Magnusson SR, Beyer N, Kjaer M. (2007) Effect of strength training on muscle function in elderly hospitalized patients. *Scand J Med Sci Sports*. Oct; 17 (5):464-72

- Santilli V, Bernetti A, Mangione M & Paoloni M. (2014) Clinical definition of sarcopenia. *Clinical Cases in Mineral and Bone Metabolism*; 11(3): 177-180
- Mette Merete Pedersen et al. Twenty-Four-Hour Mobility During Acute Hospitalization in Older Medical Patients. *J Gerontol A Biol Sci Med Sci*. 2013 March;68(3):331-337



#### 1. GH3+ ceiling hoist, 250-375 kg

This extremely powerful, rapid-acting lifting module is also particularly user-friendly. It is available with an optional scales module that is ideal for use anywhere it is important to monitor changes in patient's weight. The patient's weight is clearly and accurately shown on the display on the hand control unit.

#### 2. GH3 Twin ceiling hoist, 250 or 500 kg

Heavy-duty lifting module with double lifting strap.

#### 3. Basic High

Supports the whole body, including the head. The sling is also available in disposable material.

##### *Suitable for:*

- helping patients into a sitting position to test reactions, reflexes, protective responses
- supported sitting
- transferring patients out of bed
- bed-to-chair and chair-to-bed patient transfers
- assistance with perineal access
- commode/toilet visits

#### 4. Active Trainer / Bariatric Gait Trainer

Ambulation and standing sling that provides support around the chest and upper abdomen for Active Trainer and around the pelvis, buttocks and lower abdomen for the Bari Gait Trainer. Detachable leg straps on the Active Trainer provide support and prevent the sling from sliding upward.

##### *Suitable for:*

- transitional postures
- sit-to-stand / stand-to-sit transfers
- stand balance / sit balance
- reactions, reflexes, protective responses while standing
- weight shifting
- gait training
- mobilization of all patients
- strike the period after exercises

#### 5. Multi Support

For use when a patient's leg, pelvis or other body parts need lifting and/or support during training.

##### *Suitable for:*

- lifting up the upper body for positioning of bolsters
- lifting up the hips placing a sheet under the patient
- lifting, lowering and positioning legs from sitting at edge of bed/table to supine position
- lifting of extremities
- exercises in bed

#### 6. Twin Turner

Makes it possible to roll a patient onto either side without removing the sling. Provides assistance with hygiene and skin care.

##### *Suitable for:*

- access to patient's skin for inspection, treatment and care
- rolling the patient to provide access for hygiene, wound dressings, assessment, etc.
- tasks to be carried out while patients are lying on their sides
- for training the sling can partly support during rolling to take advantage of the patient's resources

#### 7. Basic Low

Supports the body from beneath the shoulders to the pelvis. The Basic Low makes the transfer from bed to wheelchair with a slide board safe and secure. The patient can participate in and control the transfer to their ability.

##### *Suitable for:*

- lifting people with head and body control
- lifting to and from a seated position, (chair and bed etc.)
- lifting and transfers from all patient furniture surfaces

#### 8. Horizontal lifter – telescopic and fixed

Ideal when stable horizontal lifting is required. This lifter is equipped with manual weight adjustment.