



TURN.AIDO



the new Rotational Handling System

WHY TURN.AIDO HELPS WITH BIG PROBLEMS

TURN.AIDO AND BACK INJURY

Studies have estimated that 40,000 nurses a year take time off for back pain, amounting to 764,000 lost working days. Of these, 3,600 nurses have to retire each year due to their injuries (Stubbs1993). For many nursing homes, it causes low morale and recruitment problems. Further studies by Gladman (1993), Newman (1993), and Stubbs (1981), have all confirmed that: -

1. Moving a patient in bed is the most likely way of causing back injury.
2. Most vulnerable are older and the less trained staff.
3. Most injuries occur either when there are inadequate numbers of staff for the manoeuvre carried out/or at busy times of the day.
4. Working in a confined space can aggravate the risks.
5. Even a lightweight patient can precipitate an injury if the nurse is stooping, reaching or twisting.

By incorporating Turn.aido into your Manual Handling risk reduction programme:

- ✓ Patients are rolled, not lifted; thereby ensuring the nurse maintains a straight back.
- ✓ Turning becomes a simpler technique, which is more tolerant of user error.
- ✓ When helping a resident out of bed, there is less reaching by the carer and less twisting.

TURN.AIDO IS FAST AND EASY TO USE

1. Normally, patient turning is very costly in nursing time, but with Turn.aido, it is often possible for one nurse on her own to turn a person considerably heavier than themselves. This saves the time of waiting for a colleague to come and assist.
2. It is always in place when and where you want it: less time is spent hunting for other moving and handling equipment and then having to get it in position before manoeuvring. As a result, your Minimal Handling Policy is more likely to be complied with.
3. For nights when staffing is less, it also makes compliance easier.
4. Recent signals from the NCSC and Residential Forum cite the need for resident to be lifted as a major factor in determining the staffing needs of each nursing home resident. As the NCSC is going to take a more flexible attitude to staffing ratios, it offers more justification for the use of efficient equipment such as Turn.aido.

TURN.AIDO IS NURSE AND PATIENT FRIENDLY

Turn.aido reflects the need set out by HSE in the manual Handling Regulations of 1998 which requires employers to reduce the risk of back injury to the lowest practical.

Turn.aido: -

- is easier for those staff of limited training to carry out turns:
- 's ease of operation is likely to encourage regular use.
- is a system dedicated to a particular resident, it becomes unambiguous at law that suitable turning equipment was available.

Turning and repositioning can often cause distress to residents in pain or asleep. With Turn.aido, there is little patient touching as the turning is done through the cotton sheet.

TURN.AIDO AND 'THE 30 DEGREE TILT'

The responding technique of the "30⁰ Tilt" redistributes pressure over a wider area than when someone is lying supine; as such it maintains a better supply of oxygen to the vulnerable sacrum and trochanter.

This technique has emerged from studies carried out by Seiler (1986) who found that the quadriceps muscles had a better tolerance to pressure than others. Preston (1988), Colin (1996), Defloor (2000), and Bliss (2000) have endorsed this technique: it is also now recommended by the RCN and NICE (2001).

Turn.aido makes it faster and easier to perform the 30⁰ Tilt.

Additional benefits of the "30⁰ Tilt" come from: -

1. Improving the lymphatic flow.
2. Lowering the risk of joint pain and contractures.
3. Reducing stasis in the lungs and kidneys.
4. With each turn, the risk of maceration to the skin is lessened.
5. When used in conjunction with a profiling bed frame that sits the patient up, the Turn.aido enables them to be switched from one flank to another without them slipping down the bed - for greater comfort.

FURTHER TURNAIDO BENEFITS:

- Turn.aido can be set to enable a patient who has difficulty arching their back to turn themselves: here the Velcro flaps are left unfastened, allowing the movement of arms or legs to make changes in body position.
- In cases of sacral ulcer therapy where the patient needs to stay briefly at 90⁰ on each hip in turn, Turn.aido makes this feasible and more easily achievable.

When turning a patient with Turn.aido, it's so fast and easy... And it's far more likely to be carried out.

