



FROM IMMOBILITY TO MOBILITY

ICU Early Mobility Solutions



ICU early activity and mobility programmes can deliver clinical and cost improvements¹

Long periods of immobility often lead to poor functional and clinical outcomes for ICU survivors and increased healthcare costs.^{2,3}

Greater awareness of the short and long term physical and psychological consequences of prolonged immobility has resulted in early mobilisation being advocated for ICU patients, particularly for those that require mechanical ventilation.¹

Early activity and mobility programmes have proven to be safe and feasible, demonstrating improved functional outcomes for patients and cost benefits to healthcare facilities.⁴



Arjo Early Mobility Solutions enable you to mobilise patients in ICU early, often and at a safe and optimal level of functioning, helping you improve outcomes and maximise efficiencies.

Helping reduce the physical impact of critical illness



With over 40 years' experience as a global leader in the development of innovative patient mobility and safe patient handling solutions, we offer a wealth of experience to help support your ICU early mobility and rehabilitation programmes.

With early standing and weight bearing a desirable goal, mobilising critically ill patients in the complicated and often crowded ICU environment can be a challenge for caregivers. Access to appropriate equipment to satisfy wide ranging patient mobility requirements is important to help achieve compliance with early mobilisation and safe patient handling practices.

Whether your patient is confined to bed, ready to begin standing or ready for walking practice, our range of ICU mobility solutions are designed to assist you in achieving activity and mobility goals in an optimised and dignified manner.

Support an improved recovery process

We understand rehabilitation needs to be tailored to each patient, and achieving activity, weight bearing and mobility early in the patient's ICU care pathway can prove challenging.

Whether your patient is temporarily confined to bed, needs to be acclimatised to standing or is ready for sitting or walking practice, our range of product solutions are designed to help achieve activity and mobility goals safely.

IN-BED MOBILISATION	OUT-OF-BED MOBILISATION				
					
<p>In-bed →</p>	<p>Transfer →</p>	<p>Sitting →</p>	<p>Standing →</p>	<p>Standing/raising →</p>	<p>Walking →</p>
<p>Designed with your higher acuity patients in mind, the Enterprise® 9000X bed and Citadel® Patient Care System enable regular repositioning at the touch of a button. Advanced support surface features and versatile bed frame articulation provide a flexible environment to help support in-bed rehabilitation and the progression to a sitting position on the edge of the bed if your patient is able.</p>	<p>Your patient can be transferred to the Sara Combilizer® using a lateral transfer aid or a patient lift system such as Maxi Sky® 2 using a sling specific to the needs of the patient.</p>	<p>The Sara Combilizer enables patients to be placed into a variety of chair positioning options at the touch of a button to help facilitate care and rehabilitation activities. In a sitting position, patients can be raised to facilitate good eye contact and personal interaction, an important factor in patient wellbeing.</p>	<p>Progression to standing can be achieved gradually and securely. Upright positioning helps improve the respiratory and cardiovascular function⁵ of your patient while facilitating early weight bearing and activities of daily living.</p>	<p>The Sara® Plus standing and raising aid will help activate your patient to move from sitting on the edge of the bed to standing upright while providing upper body support.</p>	<p>When stepping or walking practice is required, the versatile Sara Plus can help your patient take their first steps toward leaving the ICU. Another option is to use a Maxi Sky® 2 with a walking sling.</p>



Sara Combilizer

A tilt table, stretcher and multi-position chair, the Sara Combilizer helps facilitate early transfer from the bed to a sitting or upright standing position. A recent study evaluating the impact of the introduction of the Sara Combilizer demonstrated a significant reduction in time taken to mobilise for patients' ventilated ≥ 5 days⁶. Time to mobilise was reduced by 3 days and corresponded with significantly higher SOFA scores at the point of mobilisation in the Sara Combilizer group, suggesting patients were also mobilising at a more acute stage of their illness / in a higher degree of organ failure.



The introduction of the Sara Combilizer was associated with a significant reduction in time to first mobilise⁶

The Sara Combilizer allowed safe mobilisation of patients at a more acute phase of their illness⁶

Support operational efficiencies

Mobilising patients in ICU can often be challenging, especially when trying to access equipment to manage your patient mobility requirements. At Arjo, our product portfolio can fully support your ICU early mobility and rehabilitation programmes.



IN-BED MOBILISATION		OUT-OF-BED MOBILISATION			
In-bed positioning		Out-of-bed transfer	Sitting, raising and standing	Active and assisted walking	
 <p>Citadel® Care Systems</p> <ul style="list-style-type: none"> 20° rotation* Flexible patient positioning <p>*Only with the integrated surface.</p>	 <p>Maxi Sky® 2</p> <ul style="list-style-type: none"> Repositioning in bed with a patient lift system using Arjo slings specific to the needs of the patient 	 <p>Maxi Sky® 2 / MaxiMove®</p> <ul style="list-style-type: none"> Lateral transfers and seated transfers with a patient lift system using Arjo slings specific to the needs of the patient 	 <p>Sara Combilizer®</p> <ul style="list-style-type: none"> Flexible sitting 	 <p>Sara® Plus</p> <ul style="list-style-type: none"> Powered positioning from seated to standing position Transfers in a standing position 	 <p>Maxi Sky® 2</p> <ul style="list-style-type: none"> Stepping and walking practice using a patient lift system and a walking sling
 <p>Enterprise® - Range of beds</p> <ul style="list-style-type: none"> Can be used in conjunction with one of the Arjo active or reactive surfaces. Skin IQ™ provides microclimate management 	 <p>MaxiSlide®</p> <ul style="list-style-type: none"> Repositioning in bed using sliding sheets 	 <p>MaxiSlide®</p> <ul style="list-style-type: none"> Lateral transfers using sliding sheets 	 <p>Sara Combilizer®</p> <ul style="list-style-type: none"> Out-of-bed tilting and standing 	 <p>Sara® Flex</p> <ul style="list-style-type: none"> Powered positioning from seated to standing position Transfers in a standing position 	 <p>Sara® Plus</p> <ul style="list-style-type: none"> For stepping and walking practice
 <p>Total Lift Bed™</p> <ul style="list-style-type: none"> Flexible patient positioning In-bed tilting and standing 		 <p>Maxi Air®</p> <ul style="list-style-type: none"> Air assisted lateral transfers 		 <p>Sara® Steady</p> <ul style="list-style-type: none"> Non-powered positioning from seated to standing position Transfers in a standing position 	

We recognise that you have a choice of equipment provider to support your rehabilitation and early mobility programmes in ICU.

With more than 40 years' experience and knowledge gained as the global leader in patient handling and mobility solutions we are able to support your facility with a range of services

including education, assessment and early mobility programmes to help support your initiatives. For further information please visit www.arjo.com or contact your local Arjo representative.

References

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3. Hermans G et al. Acute outcomes and 1-year mortality of ICU-acquired weakness: A cohort study and propensity matched analysis. Am J Respir Crit Care Med Vol 190, Iss 4, pp 410-420, Aug 15, 2014
4. Needham DM, Korupolu R, Zanni JM, Pradhan P, Colantuoni E, Palmer JB, Brower RG, Fan E. Early physical medicine and rehabilitation for patients with acute respiratory failure: a quality improvement project. Arch Phys Med 2010 Apr;91(4):536-42
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6. McWilliams, D., Atkins, G., Hodson, J., Snelson, C. The Sara Combilizer as an early mobilisation aid for critically ill patients: A prospective before and after study. Australian Critical Care. 2017; 30(4): 189-195.

Please check with your local sales representative if the product is available for sale in your country.

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The Total Lift Bed is manufactured by VitalGo Systems, Inc. and are distributed under contract by Arjo. Packaging, labelling and documentation supplied with product will reflect this.

At Arjo, we are committed to improving the everyday lives of people affected by reduced mobility and age-related health challenges. With products and solutions that ensure ergonomic patient handling, personal hygiene, disinfection, diagnostics, and the effective prevention of pressure ulcers and venous thromboembolism, we help professionals across care environments to continually raise the standard of safe and dignified care. Everything we do, we do with people in mind.

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