



# In-bed Systems

For turning and positioning

 etac®

## Introduction to in-bed systems

This workbook will help you understand how to use the various in-bed products we have on offer and give you an insight into which version might help solve the same problem in different ways.

There are numerous “how-to” videos which can

support you to help people using the equipment to make the right choices. We always back this up with our trained and experienced team who work with healthcare professionals to make sure that the best option is chosen for each individual’s needs.

### SatinSheets

SatinSheets are the complete in-bed system for turning and positioning users with a range of needs.

SatinSheets work for people who are active and just need some assistance with re-positioning themselves through to those who need full time care from family or professional carers because they are unable to move themselves.

- A simple, intuitive system that unobtrusively fits into the bedroom environment
- Comfortable, natural feeling bed sheets
- Minimises friction under pressure points which reduces skin damage caused by shearing that can lead to pressure injury.
- Helps with a good night’s sleep. Turning and repositioning becomes easier to relieve pressure caused by being static.
- Also helps to protect the backs of carers!

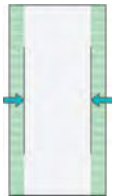


A general guide to using SatinSheets

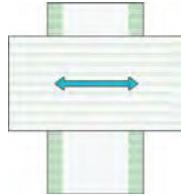


Always carry out a risk assessment before using in-bed systems

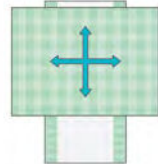
## What Makes up the SatinSheet System?



**Start with a 2Direction BaseSheet** fitted directly to the mattress. It has a low friction sliding area (satin) in the centre allowing independent side to side movement. The BaseSheet has higher friction edges to minimise the risk of the user sliding off the bed.



**Add the 2Direction DrawSheet** for a partly dependent user who needs assistance with side to side movement. The DrawSheets are designed to be used on top of the BaseSheet. The carer can use them to turn the user.



**Add the 4Direction DrawSheet** for a dependent user who needs assistance with turning and repositioning in bed. The DrawSheet has a satin panel that works with the base sheet to allow four directional movement.

## Moving a User Higher up in Bed

Patients can often slip down in bed. The SatinSheet system allows a user to be easily moved back up a bed with 1 or 2 carers. If the patient is able, they can push on their legs to assist their carer. If they are unable, the carer can move the patient easily due to the low friction sheets which prevent shearing to the patients skin.

Once they have been moved back into position, the sheets can be “locked” to ensure the preferred position is maintained whether the mattress is flat or the back rest is raised.



1 carer moving the user higher up in bed.



2 carers moving a user higher up the bed and locking to stop sliding



## Turning a Patient

Turning a patient to carry out personal care or to relieve pressure is made safer for the carer and more comfortable for the user.

The SatinSheet system includes an option with handles for use with an overhead or mobile hoist.



Find out more about our SatinSheet system



See how to turn a patient with a single carer and ceiling hoist





# Slide Sheets for everyday needs



## Single Handed Care

There are significant benefits in using products that promote single handed care, including lower costs and a positive impact on a users privacy and general well being.

The Satin Sheet system enables users to be moved safely, with minimal disruption, with and without a hoist.



 See how to move a user higher up in bed with OneManSling 

 See how to turn a user on their side with a single carer 

## Independent Users

SatinSheets can be used independently to help turn and reposition at night.

People who have slight mobility restrictions caused by weight, age or a medical condition lie directly on the base sheet (double or single bed). By wearing cotton or polyester/cotton nightwear the friction required to turn in bed is reduced but they will not slide down the bed.



Double bed - couple sharing

Double bed - single user

## Incontinent users



The Immedia In2Sheet is an incontinence pad with a low friction underside. It is used on top of a cotton bed sheet with the satin low friction surface facing down. This reduces friction side to side so enables an incontinent user with limited mobility to be turned easily.



The In2Sheet has a large incontinence pad to protect a larger area of the bed. (1050mm x 1250mm). The In2Sheet also has handles along the sides for a better grip.

Standard incontinence pads can also be used with the SatinSheet system.



SatinSheets can be washed in a domestic washing machine at temperatures of up to 80 degrees and can be tumble dried at a low temperature. Fabric conditioner must not be used.

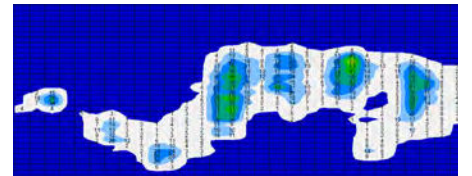
 See how to turn a patient on their side using the In2Sheet 

 See how to get a patient in to bed using the In2Sheet 

## Pressure Redistribution & Shear Reduction



In the UK, pressure ulcer care costs £1.4bn - 2.1bn per year. More than 90% of the cost of treatment is the cost of nursing time.


The best way to prevent pressure ulcers is pressure distribution and minimising shear and friction and also frequent repositioning. The SatinSheet system reduces the amount of handling required to move a client as it



stays on the bed. It can help as part of the treatment of existing pressure injuries and reduces the risk of developing pressure injuries.

Read our pressure mapping report

 Watch our 5 NEW Smiles Technique video to remove wrinkles & creases 

 Compare SatinSheet on a standard and pressure relieving mattress 

## SatinSheets for Children

SatinSheets can also be used with children. They allow mum or dad, to turn single handedly for personal care or reposition a child with minimal disruption.

Julie Graham, Therapeutic Positioning Advisor at Simple Stuff Works, has worked with one of our Sales Managers to trial SatinSheets alongside their sleep systems. She was amazed at how well they worked compared to others she had tried. "It worked fantastic for carers having to move a client on their own".

The child can easily be repositioned to change point of pressure with minimal disturbance as the Sleep System stays in place.



Find out more about Simple Stuff Works



See our range of childrens products



## Helpful Accessories

### Positioning Wedge

The Positioning Wedge has multiple applications including supporting the patient on their side to avoid the carer being in a static holding position. It is used after turning, when resting, for personal hygiene and wound care.



Moving up the bed with wedge and slide sheet



### MultiGlide Glove

"It's like an extra pair of hands". The MultiGlide Glove allows the carers hand to be placed easily between the patient and cushion/mattress for small repositioning movements.

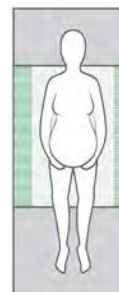


Find out more about the MultiGlide Glove



## Base Sheet Selector

For use on single beds



**Mini** - slide area is from shoulders to knees or hips or lower legs only. For use with an independent or partly independent user. Commonly where there is localised difficulty in moving or turning.

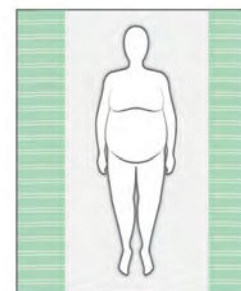


**Midi** - slide area is from head to knees or lower half of the body for use with a partly dependent user with reduced mobility who needs assistance with moving or turning. The BaseSheet can be used with a DrawSheet 2Direction or 4Direction.

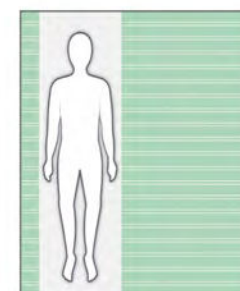


**Maxi** - the slide area covers the full length of the bed and is for users who are partly or fully dependent. Can be combined with a DrawSheet 2Direction or 4Direction.

For use on double, king size and bariatric beds



**Double** - for wider, double and king size beds. Suitable for single user lying in the centre of a double bed or for a larger user on a bariatric bed. Can be combined with a DrawSheet 2Direction or 4Direction.



**Maxi Double Offset** - for double and king size beds. Used for a single user or a couple sharing where one person has difficulty turning. The satin area is offset to one side.



**New 2Direction Corner Midi** - the slide area covers the head, shoulders and hips allowing independent turning and repositioning using the legs to push against lower part of sheet.

## Why use the 4WayGlide System?



The 4WayGlide and TwinSheet4Glide in bed systems are designed for positioning users with complex needs. This low friction system means that bariatric patients and those who suffer from pain and discomfort when being moved can be handled in a way that is best for the patient and their carer.



This system is used for turning and positioning immobile users with ease, either manually, often with a single carer or with a hoist. It can be used on pressure care mattresses and is ideal for use with a profiling bed. It is available in 2 sizes - standard or bariatric beds.

The 4WayGlide system consists of a nylon base sheet with elasticated corners and a top quilt (either wipeable PU or cotton polyester).



The underside of the glide mattress and the nylon sheet combine to provide an ultra-low friction surface for movement in all directions for easy turning and positioning.


 Watch to learn about our 4WayGlide System
 

## Locking and unlocking the base sheet







The image above shows the 4WayGlide base sheet locked, the image to the right shows the system unlocked so a user can be repositioned.


 Watch how to unlock and positioning with a single carer
 

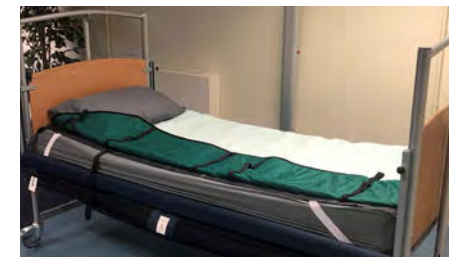
## Turning a patient using the 4WayGlide and hoist




 See how to turn a user on their side using a hoist
 




 Find out more about the 4WayGlide
 



## TwinSheet4Glide System and TwinSheet Long



This 2-part glide mattress is for turning and positioning incontinent users with complex needs - very limited mobility, dementia, pressure sores or bariatric patients. To further assist the carer with turning the patient, it can be used with a hoist.

Disconnecting the lower part of the glide mattress provides easy access for personal hygiene, care of pressure sores and dressing.


 TwinSheet - turning a user on their side with a hoist
 


 See how to lock and unlock using a hoist
 

# In-bed systems for complex needs

## Reducing number of carers

When moving and handling patients with complex needs, this can mean 2, 3 or 4 carers may be needed to carry out routine tasks. Often by using the 4WayGlide system, the number of caers required can be significatnly reduced, freeing up much needed staff for other case loads.

This system enables users to be moved safely, with minimal disruption, with and without a hoist.



Handles for ease of use



Before being moved...



and after

See how easy it is for a single carer to move a plus size user higher up in bed

## Bariatric users

The 4WayGlide system has options for a user in a standard single bed or bariatric bed. It allows easy, low friction movement and stays permanently on the bed. Where clients require frequent repositioning, this solution enhances dignity and reduces the risk of injury to the client and carers.

Learn more about how our products enable single handed care and reduce carer packages



## Incontinent users

In addition to the benefits of the 4WayGlide, the TwinSheet4Glide system is designed for incontinent, immobile users.

The split design of the Twinsheet makes delivering personal care easier. As shown right, the bottom half of the sheet is removed for personal care.

It can be used for patients with behavioural challenges, dementia, spasms, seizures and bone metaseses (cancer).

Above, client is supported on their side by use of a hoist The position of the top half of the sheet is helpful to stop the client hitting out at the carer or prevent injury during a spasm or seizure.



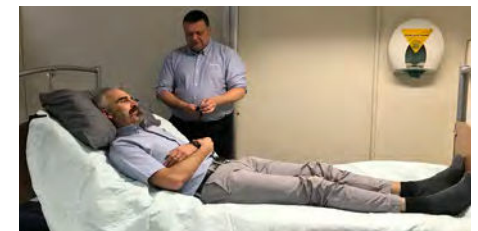
Learn how to use the TwinSheet4Glide

## Benefits of Optimal Positioning

The 4WayGlides “lock on sheet” system allows more control and prevents the patient from sliding down the bed.

The non-slip section can be locked or unlocked depending on whether movement is desired. Being able to stay sitting up has many benefits including:

- A good functional position
- Optimal position for feeding
- Better social interaction
- Reduction of friction and shear



## Controlling Upper Body Movement

The 4WayGlide corner straps can be used to prevent a service user leaning off to one side if they have left or right side obliqueness, perhaps as a result of a stroke.

## Molift Repositioning Sheet



### Reducing Risk, Saving Time

The Molift Repositioning Sheet is an essential aid for effective care of bed-bound patients. It is designed to be left in place under the patient and makes repositioning easier, reducing the risk of injury for carers and promotes a higher quality of care for patients.

- 500 kg (78 stone) Safe Working Load
- Time-saving - stays on the bed, ready for use when needed.
- Maximum comfort - no webbing under the patient reducing the risk of pressure injury
- Clear colour coding on loops
- Can be used with a range of hoists to facilitate turning and moving the user around the bed.

### Many applications

The Molift Repositioning sheet was primarily designed for use in hospitals but it has many applications for use within the community, such as

- bariatric to paediatric care
- turning bed-bound patients and lifting patients higher in the bed.
- transferring users from bed to bed and to and from supine surfaces
- providing good access to various parts of the body - treatment of sores & skin
- very useful when changing bed linen.
- helps users with learning and behavioural difficulties who react better while being



- “wrapped” in the sheet during repositioning.
- a great solution for use with sleep systems when regular bed management systems are not suitable.

## Training Workshops

We offer a range of hands on, practical workshops tailored to suit your needs and timings.



### Moving and Handling Solutions

“Hands on” to explore different solutions to common transfer problems around the bed, sit to stand and other homecare settings.

### Overhead Hoisting Problem Solving Workshops

For those involved in specifying or procuring Overhead Hoists to work through practical problems, to provide the information and skills to help you find the most effective and efficient hoisting solution.

### Bathroom Safety and Ergonomics

These practical workshop looks at bathroom safety and ergonomics for users and their caregivers with different levels of need from independent to dependent.

### How, when and why to use Star Air Cell Cushions?

This is aimed at clinicians working in the field of posture and mobility who want to further their understanding of Air Cell Cushions and pressure care.

## Contact our Sales Team

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Etac is a world-leading developer and provider of ergonomic assistive devices and patient handling equipment. Our heart lies in the solutions that optimise quality of life for the individual, their family and caregivers.

For the latest news and continuously updated product information – visit: [www.etac.com](http://www.etac.com)

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Creating Possibilities