



Immedia LeanOnMe

Soft, relieving and calming
positioning cushions

 **etac**[®]

The best position is always the next

This makes repositioning of a bedridden person an important intervention as they are not able to do micro and macro movements on their own. In the right position, the person can relax and thereby experience less problems while lying down. This will also contribute to preventing skin injuries and pain that can stem from being bedridden for a prolonged time.

Maintenance of body functions

We are today well aware of how important it is to prevent pressure and shear with an appropriate resting position 24 hours a day, 7 days a week, as it contributes to maintaining body functions and achieving rest and quality sleep, both of great importance for rehabilitation and for a good quality of life.

At the same time, appropriate positioning helps prevent long-term consequences such as contractures, pain, and pressure ulcers.

LeanOnMe consists of a wide range of multipurpose positioning cushions, which contribute to a better life quality experience through:

- Pressure relief
- Prophylactic effect
- Pain relief
- Calming effect
- Non-pharmacological effect





Why LeanOnMe?

LeanOnMe literally means “Support me” and aspires to support the user in achieving rest and maintain body functions, while also supporting the carer with better working conditions, both through the easy-to-use cushions and the ability to utilise the users own resources when transferring and positioning.

The cushions have a uniquely soft and skin-friendly surface, made from sustainable and natural organic materials, that makes them highly comfortable to lean on, even for users with tactile defensiveness. The filling provides the user with a stable resting position with unique comfort and calming sensory stimulation. All materials are designed to keep noise to a minimum, making the cushions optimal for users with sensitive hearing.

Who is LeanOnMe good for?

The cushions can be helpful in many situations, but especially when there is a need for supporting the body or protecting exposed body parts when repositioning. The following individuals should be considered at risk of pressure ulcers: limited mobility, Stage 1 or existing pressure ulcers, decreased perfusion, increased moisture and/or body temperature, poor nutritional status, advanced age, sensory perception, are bedridden or have a generally deteriorated health status.

Furthermore, studies show that an enclosed position helps calm anxiety, agitation, and anger, while also increasing relaxation, focus, and clarity of thoughts.

When is it time to change position?

People without disabilities make several micro and macro movements per hour. These changes of position are an important part of preventing pressure ulcers, contractures, edema, pneumonia, and pain. Evidence for the most effective position and frequency of repositioning is limited, but if a person is unable to reposition on their own, however, it is recommended to offer them help in doing so.

Frequent repositioning consists of multiple tasks and is a top nursing priority that includes the redistribution of pressure, facilitation of respiratory functions, and providing comfort. Repositioning also provides an opportunity to conduct a brief head-to-toe skin assessment, with particular focus on skin overlying bony prominences such as the sacrum, ischial tuberosities, greater trochanters and heels.

Determining whether skin redness is blanchable or non-blanchable can be done with the finger or disc method*:

- Finger pressure method: a finger is pressed on the erythema for three seconds and blanching is assessed following removal of the finger.
- Transparent disk method: a transparent disk is used to apply pressure equally over an area of erythema and blanching can be observed underneath the disk during its application.

Avoid positioning the individual on an area of erythema whenever possible.

*Reference: EPUAP/NPIAP/PPPIA, 2019

How to use

Pressure – Prevent and relieve

It is generally accepted that repositioning users who are at risk of developing a pressure ulcer can prevent development by removing pressure from the at-risk site. The following should be included in every skin assessment: skin temperature, edema and change in tissue consistency in relation to surrounding tissue. When the individual is able to respond reliably, it is recommended to ask him or her to identify any areas of discomfort or pain that could be attributed to pressure injury.



Spasticity and contractures

– Prophylactic support

If a person is bedridden due to brain injury it is important to prevent spasticity, which often is a comorbidity. The spasticity is controlled by positioning the person in positions that are opposite to the spasticity pattern. After just a few days of immobility, the consequences of lack of movement will appear in the muscles and joints. This can cause contractures, which are painful and will impede the persons mobility. A supporting and stable position will provide comfort and better rest, which is important for rehabilitation.



Respiratory problems

– Increase ventilation

If a person with respiratory problems is immobilized in bed, the normal procedure is 30° elevation in a supine position, but to avoid secretions in the lungs, it is also important to be repositioned on both sides. This will create good respiration in the part of the lung that faces away from the mattress. The user must be positioned in a way that creates a feeling of untroubled breathing.

AVT-positioning is recommended to support respiration, see instruction on page 13.



Pain – Relieve and enclose

A bedridden person is often distressed and in pain; either due to trauma or complications of reduced blood flow such as pressure ulcers, contractures, ischemia, or edema. The carer must observe the immobile person, and make sure that the facial expressions show signs of well-being before the repositioning is completed - and to determine if it is time for the next position. It is also possible to reduce the pain and discomfort through sensory stimulation. An enclosing position increases the body awareness through the sense of touch, which causes the level of the stress-reducing hormone Oxytocin to rise.



Anxiety and agitation – Increase relaxation

Enclosing a person with positioning cushions stimulates the sense of touch, and reduces anxiety, agitation, and anger, which can benefit daily co-operation with the carer. A clear body awareness increases relaxation, focus clarity of thoughts, positive energy, and a calm feeling. This is an optimal therapeutic tool for those with self-harm, distressed or combative behavior, or those who are triggered by seemingly small stimuli in their environment, e.g. accidental or unwanted touch.



Immedia LeanOnMe

Gives the user soft and stable support for their body and extremities - feel the comfort.

Skin-friendly surface

Immedia LeanOnMe cushions have a uniquely soft and skin-friendly surface made from sustainable and natural organic materials. The soft-touch textile is a quilted fabric which makes the surface very pleasant and soft allowing the limbs to sink into the desired position. Additional benefits include:

- STANDARD 100 by OEKO-TEX® certified
- Optimal air circulation
- Temperature regulation
- Barrier against dust mites, bacteria, fungi and bed bugs
- Waterproof and breathable
- Silent materials, preventing users with sensitive hearing from being overstimulated
- Soft and bi-elastic, even after many washes

Each LeanOnMe positioning cushion has an inner cushion with a unique soft-touch textile cover or a waterproof cover.

Eco-friendly materials

Beyond being a high-quality positioning product, the LeanOnMe range is produced with consideration for its footprint and a focus on reducing waste and its effects on the environment.

This is achieved by consciously using eco-friendly materials that are made from organic ingredients and residual materials from preceding production, as well as both recycled and recyclable packaging.

The cushions' textile surface is made from natural cellulose fibre from wood sourced from sustainable forest plantations, which makes it 100% bio-based.





Superior filling

As for the filling, it is a well-balanced combination of granulated viscoelastic polyurethane foam residuals from mattress production and EPP beans (Expanded Polypropylene). EPP beans are firm, quiet, water and chemical resistant, and 100% recyclable.



Dry sand

With properties similar to dry sand, the filling allows the limbs to sink into the soft material and remain held precisely in the desired position.

The EPP beans in the filling provide the possibility to “mold” the cushions to fit the users unique needs.

The foam gives stability and provides a pleasant softness and elasticity, while enhancing the material’s modelling ability and allowing the user’s body to immerse into the supporting surface of the cushions.

The foam has an exceptional and persistent elasticity with high repeatability which makes it resilient in distributing and relieving pressure. This maintains the cushions’ load-bearing capacity, even with heavy loads, and makes them ideal for soft positioning.

Both the foam and the beans spring back into their original shape after the load is removed.

All materials are designed to keep noise to a minimum, making the cushions optimal for users with sensitive hearing.

Material

Inner cushion: 50% cotton, 50% polyester

Filling: granulated residual polyurethane foam, EPP (Expanded Polypropylene) beans

Soft-touch/hygienic cover: 75% Lyocell (Tencel™ + Smartcel™ sensitive), 25% Modal (Tencel™), 100% polyester filling and polyurethane membrane

Washing instructions



Machine wash - max. temperature 80°C. Tumble drying - low temperature; max. 60°C. Do not use solvents or bleach. Do not iron. Remove inner cushion before washing.

Immedia LeanOnMe Roll

The roll can be bent, shaped and adjusted exactly to the users needs. It can also be shaken so that it becomes fuller in some areas and thinner in others. In the lateral side position, it can be shaped to support the head, back, and legs. It is well suited for neurological users, people with decreased body awareness or anxiety as it provides good tactile stimulation.



Roll L supine

When used as a nest, it will have a pressure- and pain relieving effect on the shoulders, and will elevate the arms and hands.



Roll L lateral

When hugged in the lateral position, it has a calming effect, and makes it possible to position the user.



Roll S sitting

When held into the stomach, it has a calming and stabilizing effect.

Product name	Size	Item no.
LeanOnMe Roll S + Soft-Touch Cover	W330xL1000 mm	IM15112
LeanOnMe Roll L + Soft-Touch Cover	W330xL2300 mm	IM15113
LeanOnMe Roll S + Hygienic Cover	W330xL1000 mm	IM16112
LeanOnMe Roll L + Hygienic Cover	W330xL2300 mm	IM16113
Soft-Touch Cover for IM15112	W330xL1000 mm	IM10512
Soft-Touch Cover for IM15113	W330xL2300 mm	IM10513
Hygienic Cover for IM16112	W330xL1000 mm	IM10612
Hygienic Cover for IM16113	W330xL2300 mm	IM10613

Immedia LeanOnMe Channel

The channel-sewn cushion is a flexible cushion that protects, supports, and relieves. The cushion can be rolled and shaped depending on the application.

The cushion can be placed under the leg(s), between the legs, under the calves to relieve the heels, or under an arm to relieve shoulder blades and/or elbows. In a lateral position, the cushion can be placed under the back or between the legs to protect exposed areas. When sitting, the cushion is placed in the back as support.



Channel supine

When placed under both legs, it will relieve edema. Also for pain- and pressure relieving effect.



Channel legs

For elevation or for pressure relief on the ankle and/or heel.



Channel lateral

When placed between the legs, it protects exposed areas such as inner knees and ankles, and pressure from bedrails.

Product name	Size	Item no.
LeanOnMe Channel + Soft-Touch Cover	W750xL750 mm	IM15108
LeanOnMe Channel + Hygienic Cover	W750xL750 mm	IM16108
Soft-Touch Cover for IM15108	W750xL750 mm	IM10508
Hygienic Cover for IM16108	W750xL750 mm	IM10608

Immedia LeanOnMe Wing

The backrest cushion with a wing is used in a lateral position. The user lies on the wing so that the user's own weight holds the cushion in place. Then the back is supported precisely and is stable. The cushion can also be used for supine positioning to protect exposed body parts from pressure from bed rails.



Wing lateral

When placed in the back in a lateral position with the wing under the user, the cushion stays in place, and ensures the user doesn't tilt backwards.



Wing lateral

The cushion can also be used to protect exposed body parts from pressure from bed rails.



Wing supine

Placed under an arm in supine position, it has a pressure- and pain-relieving effect, and protects exposed body parts. Also for elevating effect.

Product name	Size	Item no.
LeanOnMe Wing + Soft-Touch Cover	W450xL800 mm + wing 200 mm	IM15107
LeanOnMe Wing + Hygienic Cover	W450xL800 mm + wing 200 mm	IM16107
Soft-Touch Cover for IM15107	W450xL800 mm + wing 200 mm	IM10507
Hygienic Cover for IM16107	W450xL800 mm + wing 200 mm	IM10607

Immedia LeanOnMe Mini

A small, multi-purpose support cushion which is placed where smaller gaps occur between body and mattress when a person is positioned; typically, at the ankle and knee. Applying the cushion has a relaxing effect on the body part, which propagates to the rest of the body, also for opening a hand affected by spasticity. The small cushion is the professional replacement for the duvet clip - but it does not collapse or flatten out.



Mini lower back

Placed under the lower back to relieve pressure on the pelvis.



Mini hand

Elevation of hand, and for avoiding contractures.



Mini gaps

Placed where smaller gaps occur.

Product name	Size	Item no.
LeanOnMe Mini + Soft-Touch Cover	W150xL300 mm	IM15100
LeanOnMe Mini + Hygienic Cover	W150xL300 mm	IM16100
Soft-Touch Cover for IM15100	W150xL300 mm	IM10500
Hygienic Cover for IM16100	W150xL300 mm	IM10600

Immedia LeanOnMe Basic

Traditional positioning cushions in six shapes and sizes, which can be used in lateral and supine positioning for supporting the back, arms, legs, knees, and ankles, or in a supine position to facilitate breathing. The positioning cushions can also be used to protect exposed body parts from pressure from bed rails.



Basic supine

Used in supine position for supporting the body or extremities. Also for protection of exposed body parts.



Basic XS and S lateral

To be held into the stomach for a pain relieving and/or calming effect.



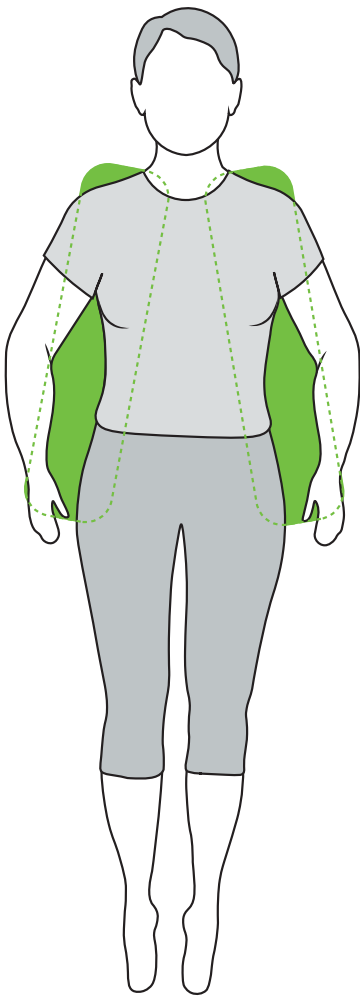
Basic XS and S sitting

Elevation of arm and hand for avoiding contractures, edema and pressure.

Product name	Size	Item no.
LeanOnMe Basic XS +Soft-Touch Cover	W300xL400 mm	IM15101
LeanOnMe Basic S + Soft-Touch Cover	W400xL600 mm	IM15102
LeanOnMe Basic M + Soft-Touch Cover	W500xL700 mm	IM15103
LeanOnMe Basic L + Soft-Touch Cover	W250xL800 mm	IM15104
LeanOnMe Basic LW + Soft-Touch Cover	W450xL800 mm	IM15105
LeanOnMe Basic XL + Soft-Touch Cover	W550xL900 mm	IM15106
LeanOnMe Basic XS + Hygienic Cover	W300xL400 mm	IM16101
LeanOnMe Basic S + Hygienic Cover	W400xL600 mm	IM16102
LeanOnMe Basic M + Hygienic Cover	W500xL700 mm	IM16103
LeanOnMe Basic L + Hygienic Cover	W250xL800 mm	IM16104
LeanOnMe Basic LW + Hygienic Cover	W450xL800 mm	IM16105
LeanOnMe Basic XL + Hygienic Cover	W550xL900 mm	IM16106
Soft-Touch Cover for IM15101	W300xL400 mm	IM10501
Soft-Touch Cover for IM15102	W400xL600 mm	IM10502
Soft-Touch Cover for IM15103	W500xL700 mm	IM10503
Soft-Touch Cover for IM15104	W250xL800 mm	IM10504
Soft-Touch Cover for IM15105	W450xL800 mm	IM10505
Soft-Touch Cover for IM15106	W550xL900 mm	IM10506
Hygienic Cover for IM16101	W300xL400 mm	IM10601
Hygienic Cover for IM16102	W400xL600 mm	IM10602
Hygienic Cover for IM16103	W500xL700 mm	IM10603
Hygienic Cover for IM16104	W250xL800 mm	IM10604
Hygienic Cover for IM16105	W450xL800 mm	IM10605
Hygienic Cover for IM16106	W550xL900 mm	IM10606

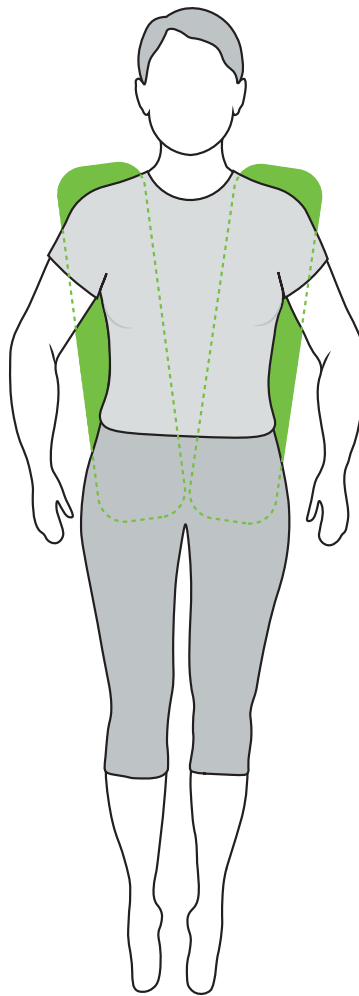
Immedia LeanOnMe Basic L

By varying the position of two Basic L's, the cushions may support respiration. The method is named AVT, because the letters symbolize how the cushions are placed. This can prevent pneumonia and improve lung function because the positions expand different parts of the lungs.



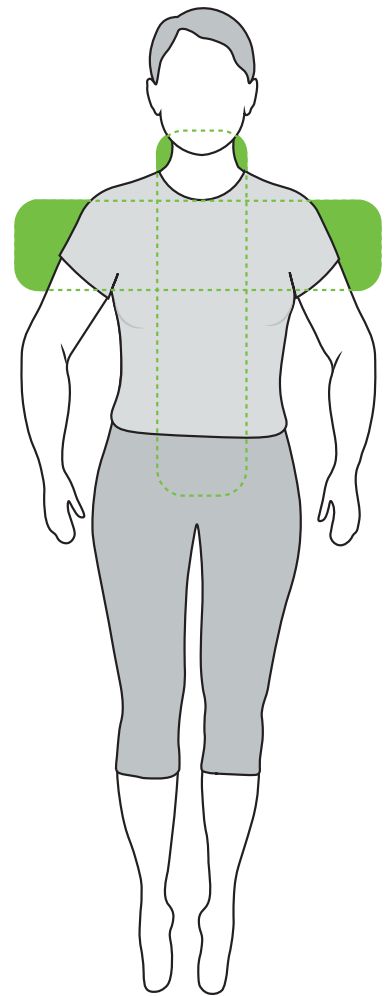
A positioning

A opens the upper parts of the lungs and relieves part of the back.



V positioning

V opens the lower parts of the lungs and relieves part of the back.



T positioning

T gives a general opening of the lungs.



Immedia LeanOnMe Ring

The neck cushion is used to provide stable and relieving support when a normal pillow is not considered appropriate. It is well suited for users suffering from Huntington’s disease, and others who develop occipital pressure ulcers. For users with poor head control, it can also be used in a half-seated bed or armchair to provide good headrest. The neck cushion can easily be taken on trips to relieve sore neck muscles and vertebrae.



Ring lateral

For relieving pressure on ears, and/or pain relief of neck muscles.



Ring supine

For pressure relief on the back of the head, and/or for head control.



Ring sitting

For supporting the head in a sitting position.

Product name	Size	Item no.
LeanOnMe Ring S + Soft-Touch Cover	Ø400 mm	IM15110
LeanOnMe Ring M + Soft-Touch Cover	Ø500 mm	IM15111
LeanOnMe Ring S+ Hygienic Cover	Ø400 mm	IM16110
LeanOnMe Ring M + Hygienic Cover	Ø500 mm	IM16111
Soft-Touch Cover for IM15110	Ø400 mm	IM10510
Soft-Touch Cover for IM15111	Ø500 mm	IM10511
Hygienic Cover for IM16110	Ø400 mm	IM10610
Hygienic Cover for IM16111	Ø500 mm	IM10611



Immedia LeanOnMe Bag

Practical bag for storage and transportation, made of eco-friendly recycled polypropylene.



Product name	Size	Item no.
LeanOnMe Bag	900x650x350 mm	IM120015



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

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