



FROM IMMOBILITY TO MOBILITY

# ICU Early Mobility Solutions





## ICU early activity and mobility programs can deliver clinical and cost improvements<sup>1</sup>

Long periods of immobility often lead to poor functional and clinical outcomes for ICU survivors and increased healthcare costs.<sup>2,3</sup>

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

Early activity and mobility programs have proven to be safe and feasible, demonstrating improved functional outcomes for patients and cost benefits to healthcare facilities.<sup>4</sup>

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

With early standing and weight-bearing a desirable goal, mobilizing 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 mobilization 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 optimized 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 acclimatized 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 MOBILIZATION



In-bed →

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.

## OUT-OF-BED MOBILIZATION



Transfer →

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.



Sitting →

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 well-being.



## 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 mobilize for patients ventilated  $\geq 5$  days.<sup>6</sup> Time to mobilize was reduced by 3 days and corresponded with significantly higher SOFA scores at the point of mobilization in the Sara Combilizer group, suggesting patients were also mobilizing at a more acute stage of their illness / in a higher degree of organ failure.



Standing →

Progression to standing can be achieved gradually and securely. Upright positioning helps improve the respiratory and cardiovascular function<sup>5</sup> of your patient while facilitating early weight-bearing and activities of daily living.



Standing/raising →

The Sara<sup>®</sup> 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.



Walking →

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<sup>®</sup> 2 with a walking sling.



The introduction of the Sara Combilizer was associated with a significant reduction in time to first mobilize<sup>6</sup>

The Sara Combilizer allowed safe mobilization of patients at a more acute phase of their illness<sup>6</sup>

# Support operational efficiencies

## IN-BED MOBILIZATION

### In-bed positioning



#### Citadel® Care Systems

- 20° rotation\*
  - Flexible patient positioning
- \*Only with the integrated surface.



#### Maxi Sky® 2

- Repositioning in bed with a patient lift system using Arjo slings specific to the needs of the patient



#### Enterprise® - Range of beds

- Can be used in conjunction with one of the Arjo active or reactive surfaces. Skin IQ™ provides microclimate management



#### MaxiSlide®

- Repositioning in bed using sliding sheets



#### Maxi Sky® 2 / MaxiMove®

- Lateral transfers and seated transfers with a patient lift system using Arjo slings specific to the needs of the patient



#### MaxiSlide®

- Lateral transfers using sliding sheets



#### Total Lift Bed™

- Flexible patient positioning
- In-bed tilting and standing



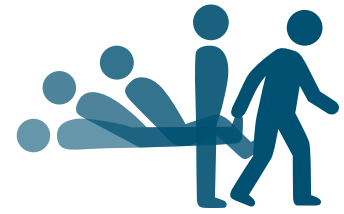
#### AirPal®

- Air-assisted lateral transfers

## OUT-OF-BED MOBILIZATION

### Out-of-bed transfer

Mobilizing 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 programs.



### Sitting, raising and standing



#### Sara Combilizer®

- Flexible sitting



#### Sara® Plus

- Powered positioning from seated to standing position
- Transfers in a standing position

### Active and assisted walking



#### Maxi Sky® 2

- Stepping and walking practice using a patient lift system and a walking sling



#### Sara Combilizer®

- Out-of-bed tilting and standing



#### Sara® Flex

- Powered positioning from seated to standing position
- Transfers in a standing position



#### Sara® Plus

- For stepping and walking practice



#### Sara® Stedy

- Non-powered positioning from seated to standing position
- Transfers in a standing position



We recognize that you have a choice of equipment provider to support your rehabilitation and early mobility programs 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 programs to help support your initiatives. For further information, please visit [www.arjo.com](http://www.arjo.com) or contact your local Arjo representative.

#### References

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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.

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At Arjo, we believe that empowering movement within healthcare environments is essential to quality care. Our products and solutions are designed to promote a safe and dignified experience through patient handling, medical beds, personal hygiene, disinfection, diagnostics, and the prevention of pressure injuries and venous thromboembolism. With over 6500 people worldwide and 65 years caring for patients and healthcare professionals, we are committed to driving healthier outcomes for people facing mobility challenges.

Arjo Inc. · 2349 West Lake Street · Addison, Illinois 60101 · 800-323-1245 · [www.arjo.us](http://www.arjo.us)

Arjo Canada Inc. · 90 Matheson Blvd West, Suite 350 · Mississauga, ON, L5R 3R3 · 800-665-4831 · [Info.Canada@arjo.com](mailto:Info.Canada@arjo.com) · [www.arjo.ca](http://www.arjo.ca)