

Barry's Story- *How the Softform® Premier can improve a patient's quality of life in a community setting*

Who is Barry?

Barry is a 64 year old Lecturer in Engineering at Aston University who had a tragic accident in 2013. He was attending an art event when he suffered an unexplained blackout, causing him to fall from his stool, hitting the floor with his head. He was ambulated to hospital, where it was diagnosed that Barry had suffered C5/6 spinal fractures, resulting in total paralysis of his lower body and partial paralysis of his upper limbs-the medical term being "Tetraplegia". This was to have a dramatic effect on Barry's lifestyle and would render him entirely reliant upon carers for his daily needs.

Hospital and Care

After 4 days in an Intensive Care Unit at University Hospital Birmingham, Barry was transferred to the Midlands Centre for Spinal Injuries, where he received intensive physiotherapy and rehabilitation. After 2 months, Barry was able to use a wheelchair, which he later went home with.

During his stay in hospital, the risk of pressure ulcers was made clear to him with preventative measures put in place, a high specification foam mattress was prescribed and repositioning schedule of two to three times per night and frequently throughout the day, carried out to maintain his skin integrity and keep the vulnerable skin intact.

'Pressure sores were a concern as nurses mentioned the issue of risk on a number of occasions'

'Sleeping was ok except when I was woken up to be repositioned'

Barry spent a total of 7 months in hospital, being discharged home in August.



Life at home

A Softform® Premier Mattress was prescribed by the local health authority and Carers and District Nurses attended to his care. District Nurses attending 4 times per week monitoring his care and Carers attending 4 times per day to attend to his daily needs. These visits reduced to three times per day by February. 'At first I was repositioned the same number of times a night as I had been in hospital. The Carers would come in at 1am and 4am to change my position. I really thought this was unnecessary, the visits disturbed my sleep and the cost of care was high' As his skin had remained intact since his accident, Barry decided to contact his local health authority and by the end of February, 2014 his overnight care was cancelled upon his request. Barry would go to bed anytime between 9pm and 9.30 pm and sleep through until around 6am, waking occasionally throughout the night. As he was unable to change his position independently, he remained in the same position until his Carers arrived at 9.15am to attend to his hygiene needs, assist with dressing and then transfer Barry into his wheelchair. Pressure areas were checked at each visit and remained intact. 'Carers never mentioned pressure sores to any degree, except to say that there weren't any'. **Pressure sores just weren't an issue since I came home from hospital.** I had a **comfortable nights' sleep** and I feel that the mattress is the main reason for me not getting a pressure sore, despite not being repositioned for almost 12 hours' *

Now

Barry's care continues to be managed in this way and his vulnerable areas remain intact (do we need to state at time of paper/or by edit date or something?)

** Essential nursing care is pivotal in pressure ulcer prevention. This mattress will positively contribute to the outcome of a pressure ulcer prevention care plan. Education, clinical judgement and action based planning based on vulnerability are fundamental factors in the prevention of pressure ulcers. A range of assessment scales can be used as a formal method of assessing risk from pressure ulcer development, and should be used in conjunction with an informal assessment (informed nursing judgement).*

The Softform® Premier Mattress



The **Softform® Premier** Mattress is designed specifically for pressure ulcer prevention for patients at Very High Risk. The unique contoured insert pad, constructed from 'keyhole cut' castellated foam cells, move independently to provide excellent patient comfort, reduce shear and friction on transfer and optimise pressure reduction. This is a first choice product for vulnerable patients.



*Also available: **The Softform® Spinal Mattress***

Designed specifically for patients with newly acquired spinal injury. Features a unique dual foam insert providing a choice of stable support surfaces with excellent comfort abilities, whilst reducing shear, friction and pressure.

