

Plus Size Turning Project – Rehabilitation Unit

Trial of Q2Roller® Lateral Turning Device – A summary of HCT’s experience using the turning device.

About Plus Size rehabilitation unit – Hospital in Hertfordshire

The unit is a physical rehabilitation hospital for adults in HCT. It has been the designated plus size rehabilitation unit in Hertfordshire since 2018.

Staff injuries

There was an increase in the number of staff with moving and handling injuries at the hospital who were managing plus size patients personal care in the bed, pad changes in the bed and lie to sit on edge of bed transfers. There were 4 nursing staff injuries and one therapy staff injury in a 3-month period (May - July) 2024.

Initial scoping

The Occupational Therapy Lead and Quality Lead for inpatient beds, were tasked with researching a piece of equipment to support safer moving and handling of plus size patients to reduce staff injuries.

The Q2Roller® Lateral Turning Device by Etac was one of three products chosen for this research. It has a Safe Working Load of 272 kg.

This product was reviewed by the OT lead and Quality Lead with the Ward Manager and members of the nursing and therapy teams on 08/08/24 and trialled with a plus size patient on the ward.

Positives of the Q2Roller® Lateral Turning Device

- Promotes independence by improving body positioning to allow plus size patients with limited shoulder range of movement to reach the bed levers and assist with repositioning /pad changes /lie to sit on edge of bed transfers.
- Reduces number of staff needed
- Reduces time for staff to complete tasks
- Reduces risk of injury
- Can be used for a variety of tasks repositioning, pad changes and lie to sit on edge of bed transfers
- Easy for staff to operate
- Can be used for plus size patients
- Positive staff and patient feedback

- Pump can be used with multiple patients
- Pump is compatible with existing Hoverjack equipment used in the units
- Can be used on any beds
- Can be used on plinth in rehabilitation sessions
- Can be requested through Adult Care Services if reduces the need for carers under the Care Act 2014

The resulting project

In view of the lower cost and positives of the Etac Q2Roller, a short project was initiated to look at the costs and staffing benefits of it.

Training

All staff at the unit received training in how to use the Q2Roller prior to commencing the data collection.

Training videos were made available which provided a step-by-step guide to help staff understand how to:

1. fit the Q2Roller to the bed,
2. use it to turn a patient in the bed
3. assist a patient with their lying to sitting on edge of bed transfers.

Data collection

Data was collected over a 2½ month period.

A total of 32 moving and handling interventions were analysed on the following 3 tasks:

- Reposition – with and without the Q2Roller.
- Pad changes – with and without the Q2Roller.
- Sit on edge of bed - with and without the Q2Roller.

24 of these interventions were with plus size patients and 8 were with non-plus size patients.

Some of the interventions were for the same patient, i.e. repositioning and then pad change.

Result highlights

Repositioning with Q2Roller

- Average time was reduced from 15.9 minutes to 7.8 minutes
- Band of staff was reduced from 3-5 to 3-4
- Average staffing cost per task was reduced from £10 to £3.64
- The average of total staff costs over 24 hours reduced from £57.28 to £22.76

Summary of qualitative feedback

Patients fed back that the Q2Roller was comfortable. Staff feedback was very positive, they felt that using the Q2Roller supported them with repositioning. It was good for

reducing number of staff needed and physical stress and staff felt competent and confident when using it and found tasks were completed more quickly.

Staff injuries

There have been no nursing or therapy staff injuries reported while carrying out moving and handling tasks since the Q2Roller has been trailed on the ward.

Conclusion and Summary

Quantitative data in this short study has demonstrated that the Q2Roller significantly reduced staffing time and costs when repositioning patients and enabling them sit on the edge of the bed. There was insufficient data to draw any conclusions regarding if the Q2Roller reduced time and cost when changing pads.

Qualitative data from patients was very positive, reporting that they found it more comfortable than when transferred without it. Crucially as this is a rehabilitation unit, patients also fed back that it facilitated their independence.

Qualitative data from staff was also positive. The Q2Roller reduced staffing numbers, less effort was required for the task and was lighter for them to carry out. Staff also observed that the Q2Roller enabled independence and benefitted handling tasks with both plus size and non-plus size patients. There have been no further injuries associated with managing plus size patient reported by staff since the use of Q2Rollers on the unit.

Recommendations

It was recommended that the Q2Roller is purchased the unit. On discussion with staff and based on numbers of patients over the past 6 months, it is recommended that 2 boxes (of 5) would be required per quarter at present.

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