



SYMMETRICARETM

Therapeutic In-Bed Positioning

***Sustainable Body Shape
Improvement & Protection***



SYMMETRIKIT
POSTURAL CARE

HH a division of The Helping Hand Company



Sustainable Positioning:

Protect and Improve Body Shape

Anyone who has reduced mobility is at risk of muscle shortening, body shape distortion, contractures and pressure ulcers. This leads to constant pain and discomfort, depression and reduced quality of life. For Care Givers, personal care routines, feeding, dressing and manual handling become challenging.



Symmetrikit Postural Care has been providing 24 hour Postural Care positioning solutions for over 20 years. It's Market Leading Symmetrisleep Night Time Positioning system has been successfully supplied, to End Users of all ages, since 1996.

The Symmetricare Therapeutic In Bed Positioning System has been designed specifically for Day and Night Time Positioning within the Hospital and Long Term Care environments.

The Symmetricare system can prevent the distortion of body shape or even correct established problems. In the Acute Care environment it can assist in **optimising rehabilitation outcomes** and **reducing length of stay**. In Long Term Care, the Symmetricare system can help to **maintain range of movement** supporting continued mobility or, for End Users with reduced/no mobility, it can **improve and maintain body shape** ensuring comfort and easier care.

- **Dynamic Therapeutic Support:**
Correcting distortion and maintaining body shape
- **Infinitely Adjustable:**
Support in any position, on any supporting surface
- **Improved Comfort:**
Reduces abnormality of tone allowing for easier Personal Care

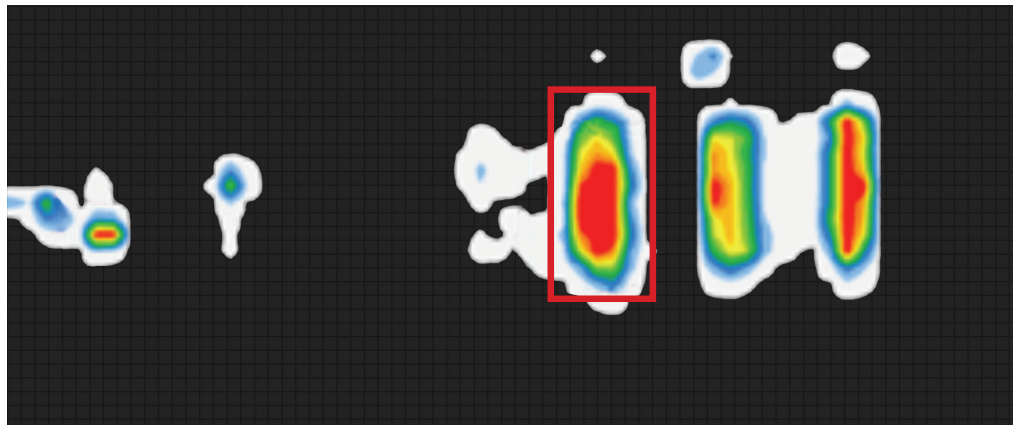


Sustainable Positioning:

Improving Pressure Ulcer Care and Prevention

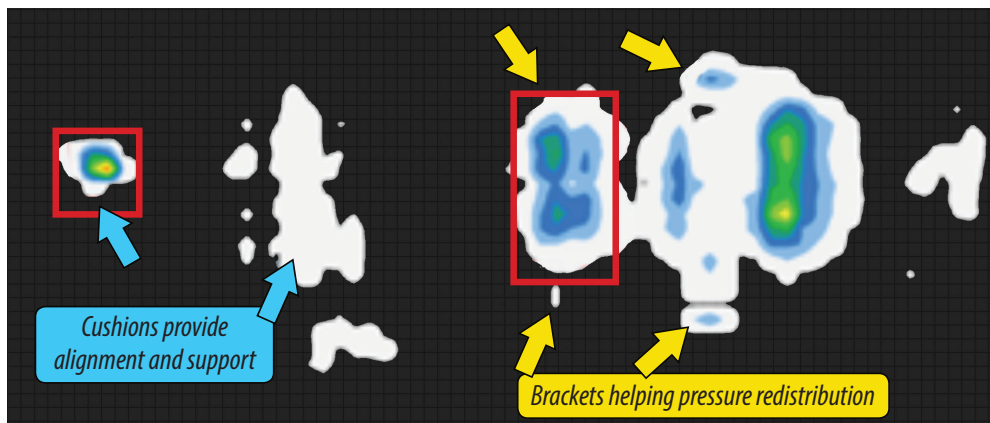
The impact of being immobilised for long periods of time can be a considerable factor in Pressure Ulcer formation. The NPIAP Guidelines state that 'any person with limited mobility, limited activity and a high potential for friction and shear are at risk of pressure injuries'*

Air mattress **Supine** position



Position	Supine	X
	Side	
Mattress	Foam	
	Air	X
Velcro Sheet	No	X
	Yes	
Mantle	None	X
	Foam	
	Air	
Notes	Datum	

Without support. Client has tendency to cross feet. Pressure measured at heels and bony prominences = >150mmHg



Position	Supine	X
	Side	
Mattress	Foam	
	Air	X
Velcro Sheet	No	
	Yes	X
Mantle	None	
	Foam	
	Air	X
Notes	Support brackets. Cushions under and between legs	

With support. Heel pressure partially offloaded from = >150 to 132mmHg.
Bony prominence area reduced from >150 to 63mmHg. Average reduced from 46.6 to 15.6mmHg.



Crumbed foam inner



Pressure Ulcer Costs

Apart from the costs of dressings, antibiotics and other materials, the more significant costs results in time displaced from other activities.

	DH pressure ulcer cost calculator ¹	JWC, 2012 ²
Category I	£1,446	£1,214
Category II	£5,981	£5,241
Category III	£9,936	£9,041
Category IV	£14,336	£14,108
Average	£6,190	£5,672

www.gov.uk/government/publications/pressure-ulcers-productivity-calculator

The NPIAP Guidelines also cite **Shear, Microclimate** and **Offloading** of at risk factors. The Symmetricare system has been proven to enhance pressure care and can be used on any type of bed and mattress, active or static.

- **Sustainable Positioning/Repositioning:** Unlike using towels/pillows, the system stays in place. Symmetrical Positioning & Off Loading.
- **Pressure Ulcer Care and Prevention:** Point pressures are reduced through whole body pressure redistribution and symmetrical support
- **Active Temperature Regulation:** Omnitherm technology within the system regulates Skin Temperature and reduces sweating*

*NPIAP Quick Reference Guide 2019 state that you need to select a supporting surface that can influence microclimate control and shear reduction.



Sustainable Positioning:

Reducing Contractures

Contractures result from an imbalance in muscle groups leading to shortening of the stronger of the antagonist muscle pair. This is frequently seen in those whose condition leads to reduced use of particular muscle groups. A lack of stretching can lead to a reduction in the available range of movement which in turn further reduces joint mobility in a vicious rapidly occurring cycle.

As contractures develop, delivering quality care becomes increasingly difficult. Difficulties are experienced in dressing, feeding, personal care, transfers, skin care and communication.

The Symmetricare™ system uses a combination of technologies to enable both dynamic and passive support so enabling therapeutic stretching and increased range of movement.

- **Dynamic Lower Limb Support:** *Using High Density Crumbed Lowzone foam to encourage stretching of the muscles and reduce tone.*
- **Airmantle Technology:** *Immediate submersion for comfort, stability and relaxation thus further reducing tone.*
- **Lightweight Brackets and Disposable Receptor sheet:** *Simple introduction of support for maximum, sustainable comfort.*

“The results suggest that the implementation of a 24-hour Postural Management programme in a Care Home environment can result in the reduction of contractures and improvement in quality of life and ease of care”.

A study into the effectiveness of 24 Hour Postural Care in the Management of Contractures in Care Homes - Middlesbrough Council 2017

www.symmetrikit.com/education/downloads



Sustainable Positioning:

Infection Prevention

Our NEW Symmetricare Therapeutic In Bed Positioning System meets NHS Infection Control Guidelines

Designed for easy cleaning when used on a ward or rehabilitation units, welded PU cushions, pads and airmantles prevent any fluid ingress.

The Disposable receptor sheets are for single patient use and the support brackets have disposable fabric strips.

Disposable receptor sheets - pack of 5



Fitting disposable receptor sheet



Position Airmantle



Apply light brackets to receptor sheet



Sticker charts for consistent application



Convenient storage bag



Sustainable Positioning:

Supporting Successful Outcomes

- **Reducing Length of Stay:** Assess and Trial Symmetricare system immediately after admission
- **Successful Discharge:** Prescribe the same system to take home
- **Sticker Charts:** Supports using the Symmetricare system consistently and correctly everytime
- **Continuity of Care:** Symmetrikit Postural Care offer FREE Training and Support in the home after discharge
- **RCOT Accredited CPD Training Courses:** Supporting Qualified Health Professionals with FREE Clinical Training and Development

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Existing users in the community now have a system they can use in hospital

"Patients on the neurological rehabilitation unit present with a variable range of complex tonal, alignment and postural issues. A primary goal for these patients is to achieve the best and most comfortable alignment as possible to assist in maintaining good joint positioning and overall postures. This in turn can assist in maintaining outcomes achieved within therapy, as well as allowing patients to rest more appropriately and comfortably.

The equipment provided within the kit has been used in a range of different ways and arrangements to provide different support and positioning for each patient. The assessment kit has been found to be very adaptable and can be altered in use to meet individual patient needs.

Use of the symmetrikit sleep system on the unit has been

beneficial in assisting to achieve and maintain good posture and positioning over a 24 hour period as well as offering an adjunct to therapeutic intervention.

Management of posture and positioning before biomechanical changes and contracture arise can assist in maintaining therapeutic carryover, optimising rehabilitation outcomes and reducing length of stay.

We hope that development of more consistent use of a postural management sleep system, alongside current practices and as part of the 24 hour approach, will be help towards our achievement of this on the INRU".

Susan Bannister

Clinical Lead Physiotherapist
INRU - Trafford General Hospital



Symmetrisleep must only be used in accordance with an agreed prescription.
Symmetrisleep complies with BS5852 (parts 1 & 2) ignition source 5 and Furniture and Furnishing (Fire) (Safety) Regulations 1988.
Covers comply with BS7175 (section 3) ignition source 0, 1 and 5.

UK & foreign patents applied for and pending.
Due to continuous development, we reserve the right to change specification without notice. E&O.E



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To book an assessment or order items:

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