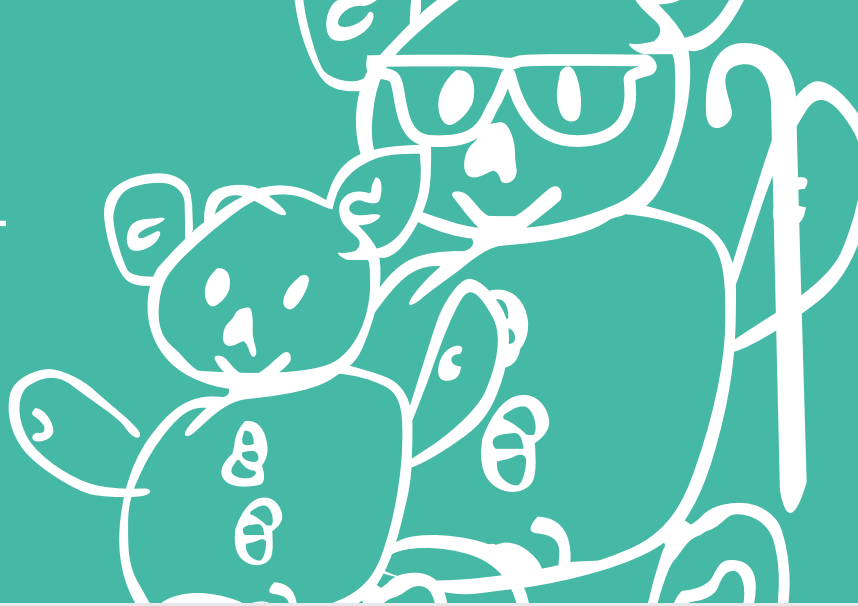


Multiplane Stabilizer

INSTRUCTIONS FOR USE



MANUFACTURED BY SIMPLE STUFF WORKS ASSOCIATES



PLEASE NOTE

It is unsafe to assemble and use the equipment without **fully reading** the instructions

1. User Assistance

If you are experiencing problems with any part of your sleep system, refer to troubleshooting section and the online video.

If you cannot find the answer contact us:

UK Telephone number : **01827 307870**

USA Telephone number : **1-888-213-8416**

Support Email : **admin@simplestuffworks.co.uk**

Simple Stuff Works

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Product Info

The product in this specific manual is the **Multiplane Stabilizer** as part of **Mattress Flotation Therapy**

Product code : **IKY**

Device listing number : **D258510**

Proprietary Name : **Non-powered Sleep System**

Regulation Description : **Non-powered flotation therapy mattress**

Other Useful Contacts

Please fill in accordingly:

Home medical equipment supplier :

Home healthcare agency :

Doctor :

2. Table of Contents

1. User Assistance	1
2. Table of Contents	2
3. Warnings and Cautions	3
4. Purpose of the Device	5
5. Description of the device	6
6. Environmental conditions that affect use	6
7. Set up instructions of the device	7
8. Check out procedures	8
9. Operating instructions of the device	8
10. Cleaning instructions	15
11. Maintenance instructions	19
12. Storage of the device	19
13. Troubleshooting section	20
14. Summary page	21
15. Index	22
16. Date of writing the manual	22
17. Accessories	23

3. Warnings and Cautions

A warning is a statement that alerts users to the possibility of injury, death or other serious adverse reactions.

! WARNING

The Multiplane Stabilizer is not to be eaten or placed in any orifice.

1. This could result in harm to the individual.
2. If this is considered a risk then an alternative is to be sought from the registered health professional.
3. Ensure the zip is protected and the flap is folded over

! WARNING

The Multiplane Stabilizer should not be exposed to heat for example a naked flame.

1. This could result in burns to the individual and damage to the product.
2. Establish and remove the source of the heat.
3. If this is considered a risk then an alternative is to be sought from the registered health professional.

A caution is a statement that alerts users about the possibility of a problem associated with use.

! CAUTION

Only use Simple Stuff Works components and accessories

1. Any unauthorized use of the system may put the patient and the care giver at risk.
2. Failure to follow these instructions will invalidate the warranty.

! CAUTION

The Multiplane Stabilizer and sheets should be free of objects.

1. Any objects trapped in the Multiplane Stabilizer, between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.
2. Remove any objects that are found.

Warnings and Cautions

A caution is a statement that alerts users about the possibility of a problem associated with use.

! CAUTION

The equipment poses an infection control risk if used between patients.

1. Ensure the correct local infection control measures are taken if redistributing to other patients.

! CAUTION

Cleaning care and maintenance instructions should be followed at all times.

1. Not following the instructions will result in damage to the Multiplane Stabilizer placing the patient at risk.
2. Fully read the accompanying cleaning and care document.
3. Do not use the Multiplane Stabilizer if damage does occur and consult your registered health professional.

! CAUTION

In hot environmental temperatures pooling of body moisture can occur on the mattress base as moisture is wicked away from the body.

1. An absorbent material such as an incontinence sheet should be placed under the sheets to absorb the excess moisture.
2. The care giver should continue to monitor the skin.

! CAUTION

The equipment should only be used for the patient it was ordered for and for its intended use.

1. This could result in pain and deformity to the unintended patient.
2. Do not give any unused systems or part of to another patient, a risk assessment by a registered health professional will be required to determine the suitability of any equipment.

4. Purpose of the Device

- Careful assessment and consideration must be taken of the needs, safety and movement of the individual.
- The exact positioning and use of the Multiplane Stabilizer will be determined by the qualified registered health professional.
- The Multiplane Stabilizer supports the legs to be aligned therapeutically, from a habitual, unsupported or destructive position. Below are a few examples of postures:
 - ‘Wind sweeping’ to the right or left.
 - Both hips internally rotating.
 - Both hips externally rotating
- For individuals of all ages during immobilization after surgery, the legs can be aligned therapeutically, to avoid contractures.
- The Multiplane Stabilizer has a cotton mix terry towelling cover and is filled with a specialized fibre that wicks moisture away from the body, therefore it may be placed next to the skin
- Some of the benefits of using the Multiplane Stabilizer may be:

- Reduced pain	- Improved comfort	- Improved sleep
- Improved balance	- Improved cardiac function	- Improved respiratory function
- Improved heat exchange	- Improved pressure care	- Improved digestion
- Decreased tone.		

- The intended purpose of the sleep system is therapeutic positioning in the lying posture, it is a gentle therapy used by people with movement difficulties. When used correctly it may help protect and restore an individual’s body shape.
- The Simple Stuff Works positioning system has no Velcro or screw action fixings so silent changes of position can be made with little disruption to the person whilst in bed.

5. Description of the device

The Multiplane Stabilizer is made to align various parts of the body. It can be used in conjunction with other supports to raise or support it. The material is made of a cotton mix fibre and wicks moisture away from the body. This can be used for all ages.

See figure 1.



Figure 1

6. Environmental conditions that affect use

- The properties of the system naturally wicks moisture away from the body. This may result in moisture pooling on the mattress underneath the base layers.
- In hot environmental conditions use an incontinence sheet underneath the base layers, this will absorb any moisture that is wicked away from the body.
- After moving the patient, check for objects or creases.
- If the Multiplane Stabilizer is moved by the force of the patient's body movements, reposition and consider if another type of support is required.
- Remove any objects and smooth creases.
- To transport the equipment place all parts into a bag to ensure all the parts stay together.
- After unpacking check all parts are present and intact.



Conditions under which the device should and should not be used

- The Multiplane Stabilizer should always be used and positioned as advised by the qualified registered health professional.
- The Multiplane Stabilizer should only be used by the patient it is intended for.
- The Multiplane Stabilizer can be used on foam, airflow and low airloss mattresses. If you are unsure consult with the manufacturers' guidelines.

7. Set up instructions of the device

List of parts

1. Multiplane Stabilizer
2. Appropriate mesh base system
3. Appropriate other support as assessed by the qualified and registered health professional
4. Cotton mix sheet

No tools required for set up

Device placement

1. The care giver to ensure that there are no objects inside the Multiplane Stabilizer.
2. The care giver to ensure that there are no creases or objects, on top of, below or in-between in the sheets of the base system.

! CAUTION

The Multiplane Stabilizer may not hold the patient's body in position.

1. Contact your registered health professional if the patient's condition has changed.
2. Contact your supplier for a reassessment - additional support may be required.

! CAUTION

The Multiplane Stabilizer, mattress and sheets should be free of objects and creases.

1. Any objects trapped within, between, underneath, or on top of the Multiplane Stabilizer and sheets will be a potential risk for pressure ulcer development.
2. Any creases in the sheets will be a potential risk for pressure ulcer development.
3. The user to smooth the sheets to check for unwanted objects and creases.

3. The care giver to position the multiplane stabilizer.

For assistance with set up issues refer to the corresponding video and to page 1 for our contact details.

8. Check out procedures

- Ensure the Multipane Stabilizer is intact and contact your supplier for a replacement and advice if required.
- Prior to each use visually check and feel the Multipane Stabilizer and base sheets are free from objects and creases.
- Smooth out any creases and remove objects from the multipane stabilizer and sheets.

For assistance with set up issues refer to the corresponding video and to page 1 for our contact details.

9. Operating instructions of the device

! CAUTION

The Multipane Stabilizer may not hold the patient's body in position.

1. Contact your registered health professional if the patient's condition has changed.
2. Contact your supplier for a reassessment, an additional support may be required.

! CAUTION

The Multipane Stabilizer, mattress and sheets should be free of objects and creases.

1. Any objects trapped within the Multipane Stabilizer, between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.
2. Any creases in the sheets will be a potential risk for pressure ulcer development.
3. The user to visually check the multipane stabilizer and smooth the sheets to check for unwanted objects and creases.

Multiplane Stabilizer

INSTRUCTIONS FOR USE

1. Prepare the patient, the bed and mattress prior to placing the Multiplane Stabilizer. The Stabilizer can be placed in a variety of positions as advised by the qualified and registered health professional.



2. Open up both arms of the Stabilizer and hold in position. In regards to manual handling always consult with the appropriate registered and qualified professional, often the way a person moves is individualised and cannot be covered in this manual.



3. Bring the Stabilizer arms together and move the Stabilizer in towards the patient. Each leg has to be passed through the leg sections. Move the Stabilizer into the correct position.



4. Bring each of the arms over to the side of the stabilizer, choose the correct elastic band to secure into position. The Stabilizer is made from specialized fibre, that wicks sweat away from the body. The Multiplane Stabilizer is very pliable and easily moves into position.



5. Secure the Stabilizer fasten the elastic band around the wedge section underneath, at each side of the stabilizer. This will secure the person's legs in the Stabilizer. Anyone with a latex allergy may wish to consider an alternative method of securing the Stabilizer.



6. The second elastic band is applied to the arm of the Stabilizer. This secures the Stabilizer in position. Check the gap between the stabilizer and the thigh is not too loose or tight, there should be enough room to pass two or three fingers between the stabilizer and the thigh.



7. An internally rotated foot requires additional support to align. A support is placed between the sheets at the base of the feet.



8. Demonstrating placing a Plastazote wedge underneath the Multiplane Stabilizer, by placing between the sheets. Then tucking the sheets under the mattress.



9. The foot can now be easily positioned.



10. Another method to correct the internally rotated limbs. Place a plastazote wedge directly underneath the multiplane stabilizer, on top of the base system.



11. The multiplane stabilizer to be lifted up and the Plastazote wedge to be placed underneath in the centre of the stabilizer.



12. The Multiplane Stabilizer to be lowered onto the wedge and the feet then repositioned as required.



13. Another method to correct the externally rotated limb. Place a plastazote wedge between the sheets of the base system.



14. Lift the sheets of the base system and place the Plastazote wedge to the side of the externally rotated limb, between the sheets. Then tuck the sheets under the mattress.



15. Position the limb appropriately as advised by the appropriate registered and qualified health professional.



16. For the patient with internally rotated limbs, consider the use of a Plastazote based placed within the multiplane stabilizer. This reduces the amount of manual handling required. Open the stabilizer up and position the wedge on top of the Plastazote base.



Multiplane Stabilizer

INSTRUCTIONS FOR USE

17. Bring the three straps into position and fasten the buckles one at a time.



18. Bring the outer cover together and fasten the zip.



19. Now the wedge is secured and the cover fastened, you can see the wedge underneath.



20. Bring the stabilizer into positions and then secure the elastic bands on both sides of the stabilizer. The choice of the elastic band will be determined by the registered qualified health professional.



Multiplane Stabilizer

INSTRUCTIONS FOR USE

21. Fasten both sides and adjust the position of the feet as required.



It is advised the care giver seeks training and guidance in the field of manual handling. This is not covered within this guide.

10. Cleaning instructions

The Multiplane Stabilizer is a fully washable product.

- How often should the Multiplane Stabilizer be washed - On soiling and enough to keep clean and fresh.
- Only NON bleaching household washing powder can be used to wash the Multiplane Stabilizer.
- The Multiplane Stabilizer should not be washed above forty degrees Celsius, <40C.
- The Multiplane Stabilizer should fit into a standard house hold washing machine drum, not a top loader and should be spun on a slow spin cycle, 800 revs or less.
- The Multiplane Stabilizer can be air dried and tumble dried on low heat.

Washing the outer cover and the inner section separately

1. Adhere to the manufacturer's instructions at all times.	PRODUCT	SYMBOLS
	Multiplane stabilizer	
	WHAT DO THEY MEAN?	TEMPERATURE
	<ul style="list-style-type: none"> • Wash at maximum 40 degrees • <u>The line underneath 40° indicates a slower spin cycle is required</u> • Do not bleach • Do not iron • Tumble dry on low heat 	<p style="text-align: center;">40°C Maximum</p>
2. Remove the cover from the Multiplane Stabilizer. Turn the stabilizer upside down and unzip the outer cover.		

Multiplane Stabilizer

INSTRUCTIONS FOR USE

3. Unbuckle the straps holding the Plastazote base in place.



4. Remove the Plastazote base.



5. Remove the outer cover from the inner foam section.



6. Insert the Multiplane Stabilizer into the draw string wash bag. Pull the draw string by depressing the toggle. The bag is closed and the whole bag and Multiplane Stabilizer are ready to be inserted into the washing machine. Insert the bag into the washing machine as per washing instructions.



7. Remove from washing machine air dry or tumble dry on a low heat.



Multiplane Stabilizer

INSTRUCTIONS FOR USE

8. When applying the outer cover to the Multiplane Stabilizer prepare the cover by placing the cover over the top of the stabilizer, to establish where the cover needs to be when inserted. Gather the cover up, feed each of the inner arms into the outer cover.



9. Fit the cover over the top section.



10. Apply the rest of the outer cover to the base of the Multiplane Stabilizer.



11. Turn the stabilizer over ready to place the appropriate inserts in place to raise the stabilizer if required. The insert will be determined by the registered and qualified health professional.



12. Now place the Plastazote wedge over the soft foam or over the insert.



13. All the straps to be fastened over the Plastazote wedge.



14. Fasten the zip and tuck the exposed zip under the zip cover.



Washing the plastazote base in warm soapy water

1. Adhere to the manufacturer's instructions at all times.	PRODUCT	SYMBOLS
	Plastazote base	
	WHAT DO THEY MEAN?	TEMPERATURE
	<ul style="list-style-type: none"> • Wash at maximum 60 degrees • <u>The line underneath 60° indicates a slower spin cycle is required</u> • Do not bleach • Do not iron • Do not tumble dry 	<p>60°C Maximum</p>

2. Wash the Plastazote base in warm soapy water and rinse the soap off the wedge.



3. The plastazote base is to be air dried.	
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11. Maintenance instructions

- Check that the seams are intact - before use visually inspect.
- Check that the integrity of the Multipane Stabilizer has not been comprised.
- Check before every use that there are no objects that are within the Multipane Stabilizer, between, on top of or underneath the base system.
- If pooling of moisture occurs ensure that an incontinence pad is placed on the base of the mattress to absorb excess moisture.

12. Storage of the device

1. The system will deteriorate if stored in wet or damp conditions.
2. It should be stored in a room above freezing but below 90 degrees Fahrenheit. For extended storage then you need to store in plastic, sealed containers.

13. Troubleshooting section

The healthcare professional emergency assistance service should be contacted immediately if the troubleshooting reveals a patient health problem rather than a device problem.

Any adverse events should be reported using the contact information on page 1

Anticipated problems	Solution to the problem
1. During very hot environmental conditions there may be pools of sweat found on the mattress. This is due to the fabric wicking moisture away from the body.	1. Place an incontinence sheet underneath the fitted base sheet. This will collect excessive moisture. Monitor the patient’s skin condition when using this.
2. The development of a pressure point, due to an object in the Multipane Stabilizer, under, between or on top of the layers.	2. Ensure that the Multipane Stabilizer, mesh base sheets, topper and cotton sheet are free from objects.
3. The development of a pressure point, due to a crease in the material.	3. Ensure that the Multipane Stabilizer, mesh base sheets, topper and cotton sheet are free from creases.
4. If the material gets damaged due to washing at temperature exceeding 40 degrees.	4. Comply with the washing, drying and care of instructions of the Multipane Stabilizer. Contact your supplier for a replacement see page 1.
5. If the material gets damaged or torn.	5. Comply with the Multipane Stabilizer washing, drying instructions. Contact your supplier for a replacement see page 1.

14. Summary page

This is not to replace the complete user's instructions and the entire manual should be read prior to using the device.

- The Multiplane Stabilizer is designed to support the legs in a neutral position.
- The Multiplane Stabilizer is made of a specialized fibre material that wicks moisture away from the body.
- The Multiplane Stabilizer may be used alongside another support, in a position determined by the qualified and registered health professional.
- The Multiplane Stabilizer can be used on a foam, low air loss or an airflow mattress.
- The intended purpose of the sleep system is therapeutic positioning in the lying posture. It is a gentle therapy used by people with movement difficulties. When used correctly it may help protect and restore an individual's body shape.

! CAUTION

The Multiplane Stabilizer, mattress and sheets should be free of objects and creases.

1. Any objects trapped in the Multiplane Stabilizer, between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.
2. Any creases in the sheets will be a potential risk for pressure ulcer development.
3. The user to smooth the sheets to check for unwanted objects and creases.

! CAUTION

Only use Simple Stuff Works components and accessories

1. Any unauthorized use of the system may put the patient and the care giver at risk.
2. Failure to follow these instructions will invalidate the warranty.

Contact phone number for assistance – please fill accordingly _____

15. Index

No	Section	Page Number
1	Accessories	23
2	Checkout procedures	8
3	Cleaning instructions	15
4	Date of writing the manual	22
5	Description of the device	6
6	Environmental factors that affect the use	6
7	Index	22
8	Maintenance instructions	19
9	Operating instructions of the device	8
10	Purpose of the device	5
11	Set up instructions of the device	7
12	Storage of the device	15
13	Summary page	21
14	Table of Contents	2
15	Troubleshooting	20
16	User assistance information	1
17	Warnings and Cautions	throughout

16. Date of writing the manual

November 2016

17. Accessories

All accessories that can be used have their individualized manuals and instructions, they are listed below. Individual manual to be fully read and understood. Not all of the accessories below will be considered suitable or appropriate, this will be determined by the registered health professional.

1. Mattress topper	9. Fitted cotton sheet
2. Fibre wedges	10. Flat cotton sheet
3. Fibre wedges with mesh	11. Foot supports
4. Stabilizing flat mesh base system	12. Padded brackets
5. Stabilizing fitted mesh base system	13. Neck pillow
6. Lateral supports and padded wedges	14. Sausage pillow
7. Lateral supports and padded wedge with mesh	15. Temperature regulating pillow
8. Plastazote wedges	