



Flexicare 4-Way In-Bed System

In-Bed Assistance



USER INSTRUCTIONS

For the care of the long term or 24 hour patient, providing assistance with repositioning up and down in bed, turning, swivelling, sitting up, transferring and proning.



Flexicare 4-Way In-Bed System

Thank you for choosing the Flexicare 4-Way In-Bed System range for in-bed repositioning and patient care.

The Flexicare 4-Way is an in-bed sliding system for the care of the long term or 24 hour patient. The amazing Flexicare 4-Way System offers patients 100% comfort and carers the ability to manoeuvre and reposition them in all directions with ease and then secure that position when needed.



Benefits

- Moves a patient in all directions
- The locking panel will hold the patient steady
- Offers patients comfort and dignity
- Patients can remain on this indefinitely, either directly or under a cotton bed sheet
- Carers can re-position and manoeuvre patients without the need to disturb or handle directly
- Reduces risk of injury to carers
- Enhances patient care and clinical outcomes
- Suitable for use with hoists

Features

- Easy to use
- Polycotton system, with low-friction inner linings
- Two panel system enables up/down manoeuvres, turning, swivelling, sitting up safely, transferring and turning into prone position
- Integral locking panel means safe position can be secured, even in sitting
- Suitable for single carers
- Washable at 40°C to 80°C and low temperature tumble dry
- Spare panels available
- SWL 31st/225kg. Maxi Model 300kg

Used By

- Single carers or multiple carers
- Community care staff
- Occupational Therapists
- People on their own at home

Sectors

- Hospitals
- Community Nursing
- Hospices
- Homecare
- Nursing Homes / Care Homes

Overview of the Flexicare 4-Way In-Bed System

For single handed care, the Flexicare 4-Way is a system which remains under the patient at all times and makes the care and repositioning of palliative, long term, and 24 hour care patients both easy, comfortable and dignified. It can be used by one or multiple carers, but is especially effective for single-handed care in the community.

Manufactured from a soft and comfortable polycotton and then quilted onto the softest slide sheet fabric created to our own specifications, the Flexicare 4-Way offers patients comfort and dignity at all times, even whilst being repositioned.

As patients can remain on the Flexicare 4-Way indefinitely, either directly or under a cotton bed sheet, there is no requirement to disturb the person prior to repositioning. Repositioning can be carried out smoothly and safely – sometimes without even having to wake the person – and there is also no need to touch the person, meaning that for those for whom touch is painful, the Flexicare 4-Way is ideal.

Carers also love the Flexicare 4-Way – whether they are professional care staff or a family looking after a loved one at home, because it offers them a simple, uncomplicated way to reposition someone or just make them more comfortable without having to insert or remove other handling aids, which can often lead to distress – especially with the terminally ill. They can move their clients/service users around the bed with ease - up and down manoeuvres, turning from side to side and sitting securely without risk of sliding. The product can be used with or without a hoist dependent on need and recommendation.

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Flexicare 4-Way System The Basics

There are two systems:

The **Standard** system is suitable for patients up to 225kg and designed to fit single beds – either hospital beds or divan beds.

The **Maxi** system can be used for patients up to 300kg and is designed to fit specialised bariatric beds of 120cm wide.

Both can be used on standard and dynamic air mattresses and the system does not impinge on pressure care management systems. Both systems can be used with hoists to help with repositioning – overhead tracking, gantry and mobile – but repositioning can also be carried out without a hoist.

FLEXICARE

Base Cover

Designed to fit the mattress of a bed, it is kept in place by strong elastic straps on each corner. Two sizes are available as standard.



FLEXICARE

Top Sheet – Polycotton

This Top Sheet is the part the patient lies on. It is made from a soft polycotton fabric that is quilted to a soft slide sheet fabric exclusive to Hospital Direct. It is soft and comfortable for the patient and the underneath is slippy and quiet.



FLEXICARE

Top Sheet – Wipeclean

This Top Sheet is designed for those patients/users and their carers for when incontinence is a problem.



FLEXICARE

Top Sheet – Temperature Control

This Top Sheet is designed for those patients/users who find the polycotton or wipeclean versions hot and uncomfortable. Available by Autumn 2021.



Please Note

All Flexicare 4-Way Base Cover and Top Sheets are marked with a centre line and a label entitled 'THIS WAY UP'.



Can't see the size and configuration you require? As the manufacturer we offer bespoke options so, if you don't see what you need here, please get in touch by email or telephone

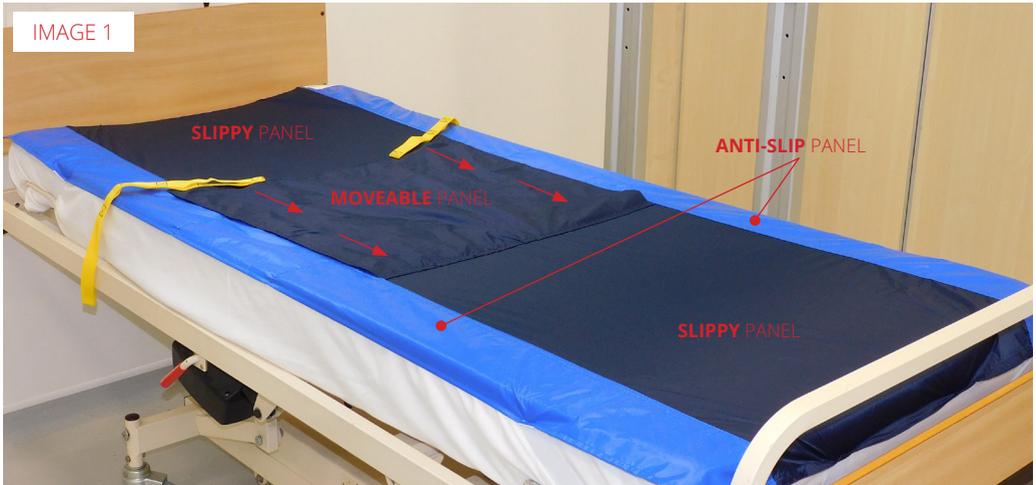
Flexicare 4-Way Base Cover Explained

The Flexicare 4-Way Base Cover is designed to fit the mattress of the bed and is kept in place by strong elastic straps on each corner which fit around the mattress as shown,

If we look at the Base Cover in detail you can see that it has anti-slip panels of fabric running the length of the product on either side. These are designed for safety and to prevent the risk of slipping on the edge of the bed.

In the centre of the Base Cover there are two slippy panels at the top and bottom and a moveable slippy panel with long yellow handles. It is this slippiness that enables the Top Sheet to move the patient around (see image 1).

However, you will also see that under the moveable slippy panel with the yellow handles there is a panel of anti-slip. This is made from the same fabric as the edge panels and , when exposed by pulling down the slippy panel towards the bottom of the bed with the yellow handles, this will prevent the Top Sheet moving and so secure the patient's position (see image 2).



Flexicare 4-Way Base Cover	Size	Product Code
Flexicare 4-Way Base Cover	90cm x 200cm	FCBP90200W
Flexicare 4-Way Base Cover	120cm x 200cm	FCBP120200W

Flexicare 4-Way Top Sheet Explained

The Standard Flexicare 4-Way Top Sheet is made from a polycotton fabric that is quilted onto a soft slide sheet fabric exclusive to Hospital Direct. This quilted layer is soft and comfortable for the patient to lie on and the underneath is slippy and quiet.

This is the part that the patient lies on and the only part that needs to be changed if soiled. It lies directly on top of the Base Cover (see image 3) and can be moved around the bed – up and down, from side to side for turning – to facilitate patient care and cleaning.

Wider than the bed, it is shaped at the head end so that during any repositioning the patient's face is not covered and allows for turning from side to side without running out of turning capacity. The centre of the sheet is clearly marked so you can make sure that your patient is in the centre.

A soft binding runs all the way around the product and there are handles on each long side on the underside. These are used for repositioning and also to attach to a hoist if available (see image 4) which can help single carers further.

There are also two attachment straps at the head end to fit around the mattress. These have buckle attachments and can be adjusted to the mattress.

The Top Sheet is available in two sizes:

Standard – 140cm wide x 200cm long FCTP140200H safe working load 225kg

Maxi – 180cm wide x 200cm long FCTP180200H. safe working load 300kg



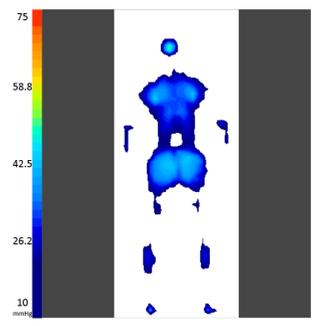
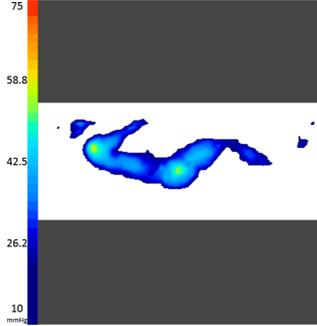
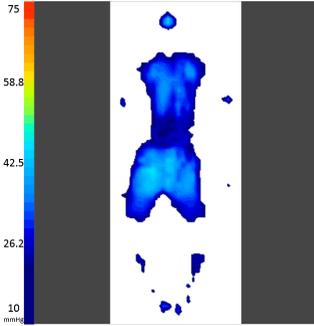
IMAGE 3



IMAGE 4

Flexicare 4-Way Top Sheet	Size	Product Code
Flexicare 4-Way Top Sheet	180cm x 200cm	FCTP180200H
Flexicare 4-Way Top Sheet – Wipeclean	140cm x 200cm	FCTP140200H-PU
Flexicare 4-Way Top Sheet – Temperature Control	140cm x 200cm	FCTP1402000H-MF

Both the Base Cover and Top Sheets can be used on standard and dynamic air mattresses and the system does not impinge on pressure care management systems.



Disposal

Dispose of in the normal way in accordance with your organisational procedures. If they have been used on highly infected patients please dispose of as such. If used at home, please wash and recycle provided the product has not been in contact with an infected person.

Warranty

Two years (manufacturing defects) provided the product is used in accordance with instructions.

Policy

Hospital Direct has a policy of continuous development and, as such, reserves the right to alter specifications (including measurements, materials and colours) without prior notice. Diagrams and measurements are for guidance only.



Please read this instruction booklet carefully before use. This can help to avoid any potential accidents and injuries due to misuse.



The Flexicare 4-Way In-Bed System are suitable for patients up to 225kg (Standard) and 300kg (Maxi) Working Load Limit (WLL) or Safe Working Load (SWL).

These products comply with the standards applicable for Class 1 products in the European Council Directive MDD 93/42/EEC on medical devices.

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www.hospitaldirect.co.uk

Wash at 80°C.
Tumble dry on low heat
Iron on low heat (Poly/Cotton Side **ONLY**)
Do not use bleach
Do not use fabric conditioner
Can be wiped clean with disinfectant



HOW TO SET UP FOR A PATIENT / MAKE SURE YOUR PATIENT'S POSITION IS SECURE



1

Place the mattress Base Cover with 'This way up' facing up by the head of the bed.

Place the strong elasticated straps around each corner of the mattress to secure in place.

2



3

Pull down the slippy panel so the anti-slip panel in the middle is exposed.

Place the quilted Top Sheet on top.

4



5

Client lies on the mattress with their bottom in the centre (centre line is marked).

With the anti-slip panel on the Base Cover exposed, the patient's position is secure and they can sit up or lie down without risk of movement, whilst still allowing for some movement of shoulders and feet for client comfort.

6



HOW TO REPOSITION A PATIENT WITHOUT A HOIST



1

Before moving a person you must make the Base Cover slippy again. Supporting the quilted Top Sheet, the carer uses it to tilt the person slightly away from them.

Then, holding the yellow handle of the slippy cover, on the Base Cover gently pull it towards the head end of the bed to cover the anti-slip panel (as shown). Repeat on the other side.

2



3

The Base Cover is now fully slippy and you can now reposition the client up/down, turn and rotate.

The carer can also slide a Slippy Sleeve under the patient between the two panels to remove any wrinkles and reposition the pillow.

4



5

When the person is in this position you want them, insert a wedge if needed, then pull the slippy panel (yellow handle) **down** towards the bed end **to secure**.

Make sure the patient is comfortable and the Top Sheet is left tidy.

6



HOW TO REPOSITION A PATIENT WITH A HOIST (MOBILE, GANTRY OR OVERHEAD)



1

Please note: *you can use the Flexicare 4-Way with single or double spreader bars.*

Attach the hoist to the handles provided on either side of the quilted top panel in order to gently turn your patient.

Base Cover

Remember to make sure that you have made the base slippy and covered the anti-slip panel with the slippy panel.

Using the hoist bring your patient gently towards you, raising the bar slightly. You are aiming to keep your patient in the middle of the bed.

Repeat until your patient has turned in the bed as shown.

2



3

Whilst the patient is in the turned position, place a wedge behind their back and roll them gently back onto this.

Release the spreader bar or bars from the Flexicare 4-Way Top Sheet.

4



5

Adjust their pillow position by using the Slippy Sleeves to slide under the pillow and reposition easily.

Please note: *make the product safe by ensuring the Base Cover is locked off (pull slippy panel and yellow handles down).*

The patient is now in a secure position, safe and comfortable.

Put up any safety sides that are available.

6



To help you to use the Flexicare 4-Way system as a single carer with greater ease, we have identified a few techniques that you need to learn.

These are:

1. How to pull down the slippy panel.
2. How to pull up with slippy panel.
3. Attaching a hoist spreader bar.

1 HOW TO PULL DOWN THE SLIPPY PANEL TO SECURE THE PATIENT'S POSITION

To secure or lock the patient's position you will need to pull down the slippy panel on the Base Cover and expose the anti-slip panel.

Working on your own you can only work each side at a time.

Points to remember

- a. Working from one side, take one of the long yellow handles and pull it down towards the foot end. By doing this you will start exposing the anti-slip to make the patient safe.
- b. Go around to the other side and find the other yellow handle. Pull this down to the foot end as well.
- c. The patients position is now secure.

*use safety sides whenever you can when working on your own.



2 HOW TO PULL UP THE SLIPPY PANEL TO REPOSITION A PATIENT

To enable you to reposition the patients you will need to pull the slippy panel up, covering the anti-slip panel on the Base Cover.

Working on your own you can only work each side at a time.

Points to remember

- a. Standing near the head end, take one of the long yellow handles and pull it up towards you as shown. By doing this you are half covering the anti-slip panel.
- b. Then go round to the other side of the bed and pull the second yellow handles up to cover the rest of the anti-slip panel.

*use safety sides whenever you can when working on your own.



3 ATTACHING A HOIST SPREADER BAR

Although the Flexicare system can be used to reposition without the aid of a hoist, a hoist and its spreader bars can be useful. The Flexicare can be used with most spreader bars on overhead tracking, gantry systems and also mobile hoists.

Points to remember

- If using a single spreader bar, attach the straps on the underside of the top sheet at points to coincide with the patients shoulders and hips.
- If using double spreader bars, these can be attached at points to cover the whole torso.
- Always make sure that the handles are securely fixed on the spreader bar.
- Use the hoist slowly to ensure maximum patient comfort and safety.



RELATED PRODUCTS

The Positioning Wedge

The positioning wedge helps to alleviate pressure by supporting the body in different positions i.e. helping them on back and side support. Covered in a non-permeable material, this anti-slip Positioning Wedge is wipeclean, and leaves the patient feeling safe and secure in the comfort of their own bed.



Slippy Sleeves/Mitts

These specialist silicon coated nylon slippy gloves are designed for carers and can be used to make patients/service users much more comfortable in many ways. For example: skin smoothing, positional adjustments and inserting slings etc. Used in conjunction with our in-bed systems – SIBA Satin and Flexicare 4-Way – they slide easily under patients for improved patient care, enable staff to easier reposition pillows, smooth out skin and also help to position wedges plus a whole host of other uses.



Visit our website
www.hospitaldirect.co.uk

Assessment Guides

At Hospital Direct we understand that not everyone is familiar with all equipment, so to help therapists and healthcare professionals in assessing a product's suitability for a client, we have included two assessment tools, Functional Independence Measure (FIM) and Easy Guide Symbols. These will enable the healthcare professional to assess their client and decide whether or not a product will help the person based on their level of dependence and functional ability.

Functional Independence Measure (FIM) Assessment

Our FIM assessment guide for each product will help you decide the suitability of this product for the person's ability and need.

Based on the standard criteria from Level 6 where the person can use the product unaided and unsupervised to Level 1 where all the assistance is provided by the carer and the client can do nothing, this guide is easy, quick and simple to use to check suitability against ability and circumstance.

Additional Guide Symbols

We use four symbols throughout our catalogue to indicate where a product is suitable and safe for the person to use unassisted, with a single carer or with multiple carers. These symbols indicate the minimum recommendation.



Person Unassisted



Single Carer



Two Carers



Four Carers



Hospital Direct is a Shropshire based UK manufacturer and supplier of a wide range of Patient Handling Products. With over 20 years experience in the field of patient handling, Hospital Direct is the UK's leading manufacturer and supplier of this type of equipment in the UK – with probably the widest range of any supplier in Europe.

Packaging: To reduce wastage we use recyclable cardboard boxes. If you require different packaging, please call us to discuss.

Disposal: Dispose of in the normal way in accordance with your organisational procedures. If they have been used on highly infected patients please dispose of as such.



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