

CAROLINAS SPECIALTY HOSPITAL EVALUATES THE TOTAL LIFT BED™ IN THEIR MOBILITY PROGRAM



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CHALLENGE

Carolinas Specialty Hospital (CSH) is a long-term acute care provider located in Charlotte, NC. The facility specializes in the treatment of patients with medically complex diagnoses, including those with needs related to respiratory, post-surgical, neurological, cardiovascular and wound care complications. Up to 95% of the patients who arrive at CSH are debilitated following severe illness or injury. These patients also frequently experience additional medical complications due to prolonged bed rest in a health care facility. CSH provides traditional mobility therapies that address these conditions and promote patients to a level of mobility where they are able to get out of bed and into a standing position. For highly dependent patients however, this is a risky and sometimes impossible challenge. As a result, CSH continually seeks resources, equipment and techniques to meet the unique requirements of their dependent patients.



SOLUTION

While searching for early mobility therapy options, the staff of CSH was introduced to the OnCare™ VitalGo Total Lift Bed™. Through its unique upright-tilting functionality, the Total Lift Bed allows caregivers to facilitate early mobility and weight bearing therapies from the safe confines of the patient's bed. The CSH Staff theorized that by using Total Lift Bed, they could mobilize their patients more often and help dependent patients achieve upright positioning faster. To test this, CSH developed a Quality Improvement (QI) project which would evaluate the impact of the Total Lift Bed on their mobility program. The following standards were set:

- Random patient selection process
- The project ran for 18 weeks and included 40 patients
- Patients were divided into two separate groups:
 - **Group A:** 23 patients were scheduled to receive tilting therapy 3 times per day on the Total Lift Bed
 - **Group B:** 17 patients received traditional mobility and weight bearing therapy

RESULTS

The facility observed that patients who were tilted more frequently using the Total Lift Bed, benefited significantly from this intervention. Among the group who received therapy on the Total Lift Bed:

- Length-of-stay decreased by 10% or 2.9 days
- Mobility improved an average of 42 points from admission to discharge (scale of 0 - 100 with 0 = dependent and 100 = interdependent)
- 83% of the tilted group were discharged to a lower level of care (home, rehab or skilled nursing facility) versus 53% in the traditional group
- The tilted group experienced 4 times fewer days of delirium than the traditional group

The results and observations from the QI project suggest the following:

- Improved patient quality and outcomes
- Reduction in cost of care
- More efficient discharge planning
- Improved patient progression to higher levels of functional independence

Following the QI project, the CSH team integrated the Total Lift Bed into their early mobility program with the recommendation that further trials be conducted in a controlled study to formally evaluate if frequent tilting using the Total Lift Bed can improve patient outcomes.

