

# ēthosGPS

## Sit-to-stand using the MiniLift125 & ThoraxSling – Q&A

Thank you for joining the EthosGPS webinar in collaboration with OTAC. Below, you will find the Q&A from the webinar on Thursday 7<sup>th</sup> May. If you have any additional questions following the webinar, please email [ethos@handicare.com](mailto:ethos@handicare.com)

### **What FIM level would you advise a client needs to be to use the MiniLift125 with the ThoraxSling?**

We advise the MiniLift125 and ThoraxSling may be suitable for a client with a FIM level from 3 to 5. The functional EthosGPS assessment tool will help you to establish a client's FIM level.

### **Does the MiniLift125 need two carer's or can it be used with one?**

The MiniLift125 is to be used following a robust risk assessment for the individual and is continuously reviewed. The risk assessment will identify if it is possible to safely use the MiniLift125 with a single carer/family member. We strongly advise that the MiniLift125 User Manual is read and understood before intended use. The User Manual can be found here:

<https://www.handicare.co.uk/product/minilift125/>

### **When are the brakes used?**

The brakes are to be used as required after completing a risk assessment.

### **Does the MiniLift125 have a high or a low footplate?**

- The MiniLift125 footplate height is 57mm
- The MiniLift160 footplate height is 59mm
- The MiniLift200 footplate height is 80mm

### **Can the MiniLift125 be used with/ without the footplate?**

We do not recommend the use of the MiniLift125 or MiniLift160 without the footplate. The MiniLift200 can be used without the footplate following a joint risk assessment and discussion with one of our business development managers.

### **What is the height of legs on the low base and standard MiniLift125?**

- MiniLift125 Standard leg height is 12cm
- MiniLift125 Low leg height is 6cm
- MiniLift160 Standard leg height is 12.3cm
- MiniLift160 Low leg height is 6.5cm

### **Is there a larger MiniLift for the heavier individual?**

For the heavier user, the MiniLift200 has a safe working load of 200kg or 31 stone.

# ēthosGPS

## **How far can you move someone in the MiniLift125?**

The MiniLift is designed as a transfer aid. How far a person can be moved when using this equipment is dependent on the risk assessment taking the client, the carer / family member, the environment and the task into consideration.

## **Any advice how to instruct clients with the physical ability but who have slight cognitive impairment?**

With cognition deficit we need to ensure the client will be able to follow verbal and/or physical prompts or commands to use the equipment. If through a robust risk assessment, the client is unable to meet the above requirements we would not recommend the MiniLift125 for use.

If the client is deemed suitable after the risk assessment, the main aim is to make sure the client is **safe**, feels comfortable and confident with the equipment prior to use.

This could be tried by:

- Demonstrating the equipment to the client before trialing it with them
- Patiently take time to talk through the equipment and how it will work
- Feel the ThoraxSling so clients are able to feel how strong yet soft it is
- When beginning the lift, try standing or kneeling next to the client to make them feel reassured and inclusive

## **How do you avoid the shoulder going into elevation when using the stroke/support cuff?**

To begin, ensure the ThoraxSling is the correct size - please note, the larger the size the deeper the ThoraxSling becomes which in turn uses more space between the seat and under the shoulder space. Please refer to the size guide - [https://www.handicare.com/products/wp-content/uploads/sites/2/2019/08/SlingSizeGuide\\_EN\\_1412.pdf](https://www.handicare.com/products/wp-content/uploads/sites/2/2019/08/SlingSizeGuide_EN_1412.pdf)).

In this instance, the correct fitting of the ThoraxSling is essential. Fit the ThoraxSling as low as possible, preferably touching the chair seat behind the client. If the sling is under the shoulder before the standing action has started please review the above steps of size and fitting.

If using the arm support on the side of the ThoraxSling please review the elevation for comfort and safety, this may not always be suitable and a different arm support may be required/ recommended.

# ēthosGPS

## How do you choose which loops to use on the ThoraxSling?

Please use the IFU as your guide but to summarise:

- We recommend to connect the shortest loop possible on the ThoraxSling to the sling hooks by moving the lifting arm closer to the user, and asking the user to lean forward slightly if they can
- To reduce the slack in the sling attachments, slide the lifting arm away from the user and tighten into place by securing the two release wheels.
- For further assistance around the variability of this for different standing patterns and needs please speak to your Handicare Business Development Manager - [https://www.handicare.co.uk/contact-us/meet\\_the\\_team/](https://www.handicare.co.uk/contact-us/meet_the_team/)

## Any tips on fitting the ThoraxSling with Seat Support so that it's low enough down?

- Position the MiniLift125 as if preparing to do the sit-to-stand
- Apply the brakes and ask the individual to lean forward and hold the handlebar – this can help create the space to position the lower section of the sling
- Release brakes prior to commencing the lift

If this is not possible, we have alternative solutions such as the EasyGlide oval boards that can assist with sling positioning.

## How do you choose a ThoraxSling size?

To select a ThoraxSling size, you can use this guide to help: [https://www.handicare.com/products/wp-content/uploads/sites/2/2019/08/SlingSizeGuide\\_EN\\_1412.pdf](https://www.handicare.com/products/wp-content/uploads/sites/2/2019/08/SlingSizeGuide_EN_1412.pdf)

## How can we perform a loading test properly? The government requires a local loading test for all lifting devices.

The service provided needs to ensure there is a Service/LOLER agreement in place - this includes loading and weight tests. Handicare can provide a Service and/or LOLER if required.

## Is the ThoraxSling appropriate for someone with high pressure relief needs?

All pressure risk areas should be inspected and monitored pre and post use of the sling to identify irritable use and where needed, a reassuring discussion with the District Nurse will advise best on the pressure sores of the client and the standing accessories. The ThoraxSling is designed for short sit-to-stand transfers and is not to be left in place underneath the client. Where possible, standing will allow a certain level of pressure relief and repositioning to decrease inefficient sitting and manage loading. A good regular stand will allow many benefits that will improve the overall wellbeing of the client, through pressure relief, muscularity, digestion and respiratory to name a few.