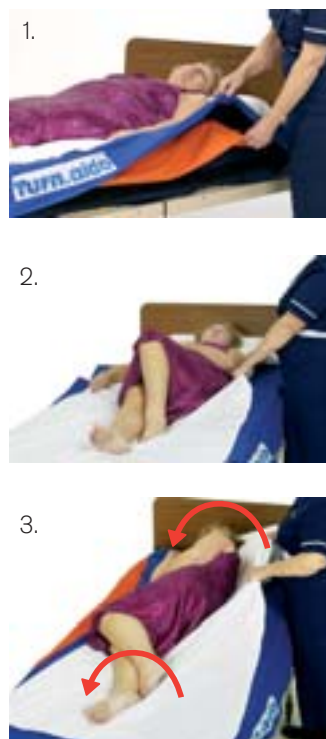


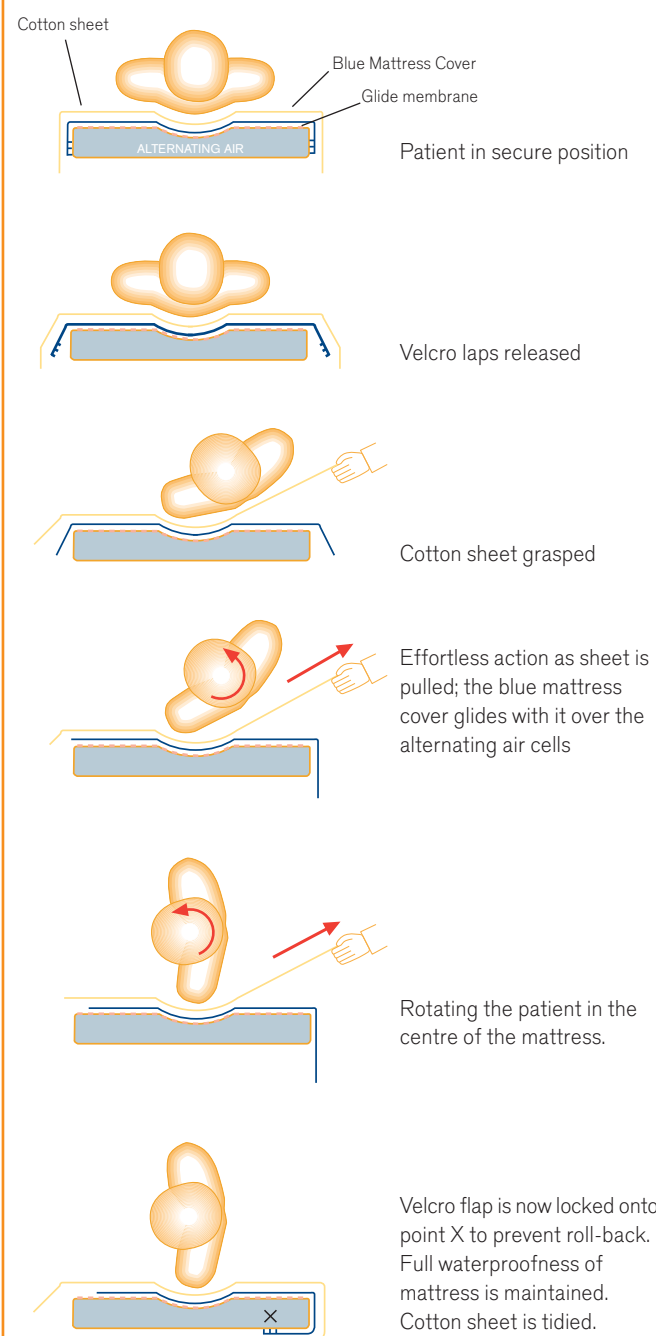
First Technicare's prize winning designer, Robert Welch, is the U.K.'s leading innovator in pressure area care. The company tries constantly to increase it's reputation for high quality, reliable and innovative products.

How *Turn.aido* works:

1. To free the rotation mechanism, release the velcro flaps on both sides.
2. Splay the patient's furthest arm; raise nearest knee to 90° flexion – to help the rolling of the hips.
3. Grasp cotton sheet level with shoulders and hips. Pull the sheet gently at 60° to rotate the patient to the desired angle of tilt. The unique triple layer design makes this action smooth and easy.
4. Reaffix velcro flaps, insert a pillow under the sheet under the shoulder, and tidy sheets.



The *Turn.aido* Principle



Turn.aido dynamic mattress covers are available in two versions:

1. "4-way glide" (Up and down and side-to-side movement)
 - Code TO2.4 (80"x35"x6") (203.3x88.9x15.2cm)
2. "2-way side-to-side"
 - Code TO1A (76"x35"x6") (193x88.9x15.2cm) and
 - Code TO1B (80"x35"x6") (203.3x88.9x15.2cm)

(1) Gladman, 1993, Occupational Health, 45, 5, 47. (2) Newman, 1993, OccHealth, 45, 5, 201. (3) Stubbs D, 1981, Nursing Times, 77, 20, 857. (4) Seiler WO, J Am Geri Soc (1983). (5) Preston K, Care Science & Practice, 1988, 6, 4, 116 (6) Colin D, Advances in Wound Care 1996, 9, 3, 35. (7) Defloor T, 2000 Applied Nursing Research 13, 1, p2 (8) RCN & NICE, Clinical Guidelines, (Apl 2001). (9) Bliss M, EPUAP, (2000) (10) Collier M, J WoundCare Supply (1997), (11) Barrett E, Nursing Times (1987)

Cleaning Instructions for *Turn.aido* Mattress Covers

The waterproof/vapour-permeable covers can be wiped down using a solution of neutral detergent and hot water applied with single use wipe or can be laundered at 60°C. Cleaning agents containing phenols and alcohols should not be used and the cover should be thoroughly drip-dried before being refitted to the mattress. Do not tumble dry. Do not dry clean. For heavy soiling, the cover should be laundered at 71°C with a dilute detergent solution.

Patent applications number 0103963.5.
CE Marking in accordance with 93/42/EEC
Class I low risk device



As our policy is one of continued development, we reserve the right to alter specification without notice. Our standard terms and conditions apply. This document relates to *Turn.aido* dynamic mattress covers (Versions 1.2 – 2.4)

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Unique repositioning system.
Re-cover your pressure relief systems
and make patient turns the easy way

Nurse efficient

- *Turn.aido* covers are fast and simple – can save hours of valuable nursing time each day
- Reduce number of nurses required for patient repositioning and hygiene routines
- Easier for nurses' backs, easier for family members
- Easier for night staff
- Make light work of heavy patients
- Always ready for instant use

Better Handling with *Turn.aido* covers

- No lifting of patient, just smooth rolling
- Keep patients in centre of bed - as if by magic
- Help ensure compliance with Minimal Lifting Policy
- Minimise touching: kinder for patients in distress or pain
- Fit your existing stock of foam mattresses or air overlays
- Upgrade the care level of your air overlay
- Enable your nurses to achieve more in the same time



Before Turning



Start Of The Turn

After Turning
(10 seconds later)



Fast and Ergonomic

Patient turning is very costly in nursing time. With a *Turn.aido* cover:

- The time spent turning can be cut by up to a half.
- It is often possible for one nurse on her own to turn a person considerably heavier than herself. This saves her having to wait for a colleague to come and assist.
- It makes changes of bedding or wound dressing faster; incontinence pad changes are quicker too.
- A *Turn.aido* cover is always in place when and where you want it: no time is spent hunting for moving and handling equipment, having to get it in position before manoeuvring. So nurses are more likely to carry out your Minimal Lifting Policy.
- *Turn.aido* cover gives you control: release the Velcro flaps, adjust the patient's position and then hold it by re-fixing velcro.



In addition to side-to-side movement, up and down movement is available in TO2.4 model. It is easier to reposition patients when they slip down the bed.

Note how the patient stays along the central line of the mattress without rolling to the edge. This is part of the magic of Turn.aido. On a normal mattress, wide patients come close to the edge when rolled on their side. Full choice of 30°, 60°, 90° to 135°s of turn available.



Turn.aido Covers and Back Injury

Back injury causes low morale and absenteeism amongst nurses. Studies by Gladman (1), Newman (2), and Stubbs (3), have all highlighted that:

1. Moving a patient in bed is a main cause of back injury.
2. Older and less trained staff are most vulnerable.
3. Most injuries occur when there are too few staff for the manoeuvre carried out or at busy times of the day.
4. Risks are aggravated by confined space.



Easy to turn even big patients

By incorporating *Turn.aido* covers into your Manual Handling and Pressure Relief programmes:

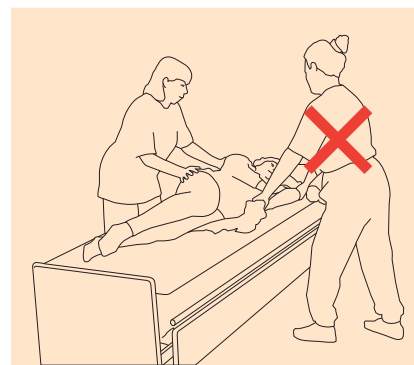
- a. Patients are rolled not lifted, ensuring that the nurse maintains a straight back.
- b. Turning becomes a simpler technique, which is more tolerant of user error.



Useful at night when staffing is low. Simple enough for family members to manage.



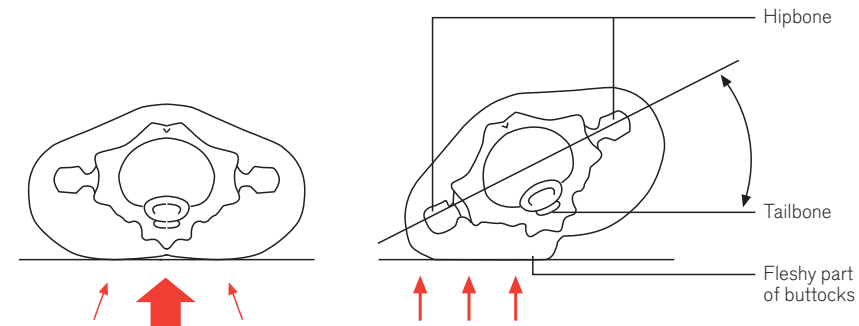
Faster hygiene and bed making procedures.



Turn.aido 1000 only needs one nurse.

Repositioning with a *Turn.aido* cover to prevent pressure sores.

The advantages of the 30° Tilt.



As a form of repositioning the 30° Tilt redistributes pressure over a wider area than when the body is supine. Studies have found that the quadriceps muscles have a better tolerance of pressure than others as they maintain a better supply of oxygen to the vulnerable sacrum and trochanter. *(Seiler, Preston, Colin, Defloor, RCN, NICE, see refs 4 - 8).

In addition, the 30° Tilt

1. Improves the lymphatic flow (Bliss, (9))
2. Lowers the risk of joint pain and contractures
3. Reduces stasis in the lungs and kidneys
4. Lessens the risk of maceration to the skin.

Turn.aido makes it faster and easier to perform the 30° Tilt.

- The 30° Tilt increases the patients comfort at minimal risk to the carer (Collier(10) Barrett (11))
- Kinder: Turning and repositioning can hurt or bruise frail patients: with *Turn.aido* there is little touching as the turning is done smoothly through the cotton sheet.

Re-cover your existing mattresses with *Turn.aido* covers:

Transform your existing air or foam mattresses or overlays with:

- a. "4-way glide" model TO2.4, which allows up and down and side-to-side movement.
- b. "2 way side-to-side" movement only, model TO1A and TO1B

The cover easily slips over an existing mattress/overlay; apertures at both foot end corners for air supply line.



Cover is securely attached to the mattress.



30°x 30° Tilt with *Turn.aido*



In cases of sacral ulcer therapy, where the patient needs to stay briefly at 60° on each hip in turn, *Turn.aido* makes this more easily achievable.



Turn.aido can be set to enable a patient, who has difficulty arching his back, to turn himself: here the velcro flaps are left unfastened, allowing him to smoothly make his own changes in body position.