

Instruction For Use Optimise High Specification Foam Mattress Range C€



Product Name(s): Optimise Contour, Optimise Reactive, Optimise Reactive Plus, Optimise Support Plus, Optimise Support

Intended Purpose and Design: The Optimise mattress range is a range of pressure redistributing high specification foam (HSF) mattresses', recommended for use with patients assessed as being at High Risk of developing pressure ulcers and for patients with an existing pressure ulcer*. The mattresses have been designed to provide optimal pressure care support and each have a unique design to meet the requirements of a variety of users (see technical data for information on the composition of and product code for each mattress).

The mattresses are comprised of high-density combustion modified polyurethane and the Optimise Reactive and Optimise Reactive Plus, also contain temperature sensitive viscoelastic foam. The Optimise Contour, Optimise Support Plus, Optimise Reactive Plus and Optimise Support feature a castellated design, increasing the pressure redistributing properties of the mattress by increasing the surface contact area, reducing shear and

friction. The Optimise Reactive Plus and Optimise Support Plus also have a U-shaped side wall construction, providing additional stability for patient mobility and patient transfers. The mattresses are all covered in multi-stretch vapour-permeable fabric. The covers can be made with either sewn or high frequency welded seams** and have a zip on three sides, which can also be concealed with waterfall flaps if required**.

Operator Qualifications: Those responsible for the storage, transportation, usage, cleaning and disinfecting of the mattresses should be fully trained and competent. Choice of mattress should be determined by a qualified health professional, following a comprehensive and holistic assessment using both formal and informal assessment methods. The mattresses should only be used for their intended purpose, as specified in this instruction guide. In addition to the information in this guide, operators must adhere to local health and safety and manual handling policies.

Instructions for Use (IFU):

Prior To Use: Upon receipt of the mattresses all packaging should be removed and visual checks should be carried out to ensure:

- The contents are complete
- The mattresses have not been damaged in transit
- All fittings operate correctly
- Check the maximum user weight is suitable for the intended user
- Ensure the mattresses are suitable for the intended user in terms of pressure care risk
- The label should not be removed

Storage: When the mattresses are not in use they should be stored in a protective covering and should be in a secure location away from the general public. For ease of storage mattresses can be stacked on top of one another. However, to avoid damage to the mattresses, never store other items on top of the mattresses, always store the mattresses flat, do not store the mattresses directly on the floor and do not store the mattresses next to radiators or other heat sources. Always ensure that mattresses are handled by a minimum of two people, one at either end of the mattress. Do not drag the mattress by the cover. Mattresses should be transported on a bed or trolley suitable for the purpose.

Servicing: The mattresses should be visually inspected weekly and/or between users to check for material degradation, damage, misuse or tampering, using the following guidance:

1. Check for any signs of tearing and/or punctures
2. Check all the seams for any signs of splitting
3. Check the zip(s) for any signs of damage
4. Check for any signs of permanent staining
5. If any of the indicators in steps 1-4 are present check the condition of the mattress using the Mount Vernon Test (See Figures 1-4).

The Mount Vernon Test – Testing the condition of the foam mattress for ‘bottoming’:

The Mount Vernon Test should be performed monthly or when any doubt exists about the condition of the mattresses. The test will check if the mattresses are still delivering adequate support and protection for the patient or if the mattresses have ‘bottomed out’.

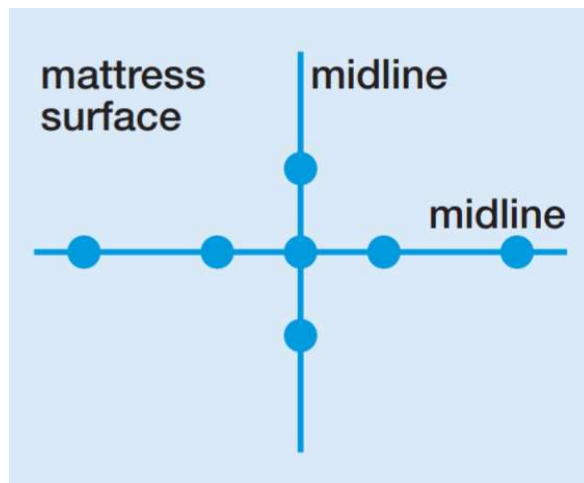
1. With the cover in place adjust the height of the bed surface to level with the tester’s hips. Stand at the side of the bed and link your hands to form a fist (Figure 1) or for viscoelastic foam use two flat crossed hands – CPR motion.

2. Keeping your elbows straight, lean forward and push the fist or CPR motion for viscoelastic foam into the mattress along the seven points indicated below (Figure 2).

Figure 1



Figure 2



3. If the base of the bed can be felt at any point the mattress has likely bottomed out and the additional checks should be undertaken (Figure 3).

4. Unzip and remove the cover, check the inner cover and foam mattress for signs of discoloured staining or smell for confirmation of fluid ingress into the foam (Figure 4).

Figure 3



Figure 4



If any signs of contamination are identified the mattress should be withdrawn from use until the cover and/or inner foam insert or mattress is replaced. If mattress covers or inner foam inserts are replaced, then it is important that the correct corresponding mattress cover/inner foam insert is re-ordered as mattress covers must not be used on other inner foam inserts. Any mattress cover and/or inner foam insert that is not fit for purpose, should be disposed of safely and in line with local infection prevention and control policies.

During Use:

- Ensure the bed is clear of debris
- Ensure that the mattress is positioned on the bed and is the correct way up
- Although the Optimise mattress range have excellent pressure-redistributing qualities, it is important that the user repositions themselves or is repositioned frequently
- Avoid using any additional covers or padding between the user and the mattress, as this may affect the pressure reducing qualities

Aftercare: Optimise mattresses are reusable, therefore, the following processes should be undertaken to allow its re-use.

- **Visual Inspection:** The mattresses should be inspected weekly and/or between users as per previous recommendations.
- **Cleaning:** Optimise mattress covers should be cleaned regularly including between patients in accordance with The Revised Healthcare Cleaning Manual 2009, BHTA Protect, Rinse and Dry 2016, local infection prevention and control policies and the guidance below:
 1. Wipe the whole surface of the mattresses with soap and water, rinse with clean water and allow to dry completely before re-use. A non-abrasive cloth can be used for more stubborn soiling
 2. If a disinfectant wipe is applied, the mattresses must be allowed to dry completely
 3. If the cover is heavily soiled a 0.1% Chlorine Solution (1,000ppm) and cold water can be used. If the cover has been exposed to bodily fluids, such as blood, a 1% Chlorine Solution (10,000ppm) and cold water can be used. The top bottom and all four sides of the mattress, including under the zip flaps must be cleaned. Rinse thoroughly with clean water and a damp single use wipe
 4. The mattress covers are machine washable up to 95°C for 15 minutes and should then be followed by a cold rinse.
 5. Line dry in an indoor, clean environment or tumble dry on a low heat setting not exceeding 40°C and not for longer than 10 minutes.
 6. Optimise mattress covers must be thoroughly dried before re-use
 7. Always ensure the correct mattress cover is returned to its corresponding foam inner. Covers must not be used on other inner foam inserts

General Warnings Precautions and Limitations:

- Only qualified professionals should be involved in mattress selection
- Only use the mattress for its intended purpose
- Ensure the mattress is suitable for the intended user in terms of pressure care risk
- Do not exceed maximum user weight
- Ensure that the user repositions themselves or is repositioned frequently
- Take care not to puncture the cover, to avoid fluid ingress/strikethrough
- Do not place sharp objects such as scissors, needles, syringes, scalpels or other sharps on the mattress surface
- Advise operators, users and visitors to remove or cover hand jewellery including rings with sharp edges
- Do not permit staff or visitors to sit on mattresses
- Take extra care when using medical equipment such as monitors, drip stands, side rails and transfer boards

- Check ancillary handling equipment such as slide boards, buckles and straps on slide sheets and slings for sharp edges that can scratch or tear fabric during use
- During patient transfer the hospital sheet must always be in position on the mattress surface. Hoists and slings must never be in direct contact with the mattress surface
- Bridging boards should never come into direct contact with the mattress surfaces
- Do not drag along the floor, do not transport in roll cages unless completely protected from sharp edges and do not scrape against walls, door frames, door catches or locks
- Avoid any protruding and sharp objects
- Frequent or prolonged exposure to higher concentration disinfectant solutions may prematurely age the fabric cover of the mattresses
- The mattress covers must be thoroughly rinsed and dried between and after cleaning or disinfection. Mattress covers are more susceptible to physical damage when wet and will remain susceptible for a period of time after being dried
- Abrasive cleaners and sponges must not be used to avoid ingress of fluids/strikethrough
- Dimethyl formamide (DMF), tetrahydrofuran (THF), concentrated inorganic acids, concentrated alkalis, and phenol/cresol based chemicals should never be used
- Avoid using any additional covers or padding between the user and the mattresses, as this may affect the pressure reducing qualities
- Always ensure that mattresses are handled by a minimum of two people

Contact Details: If you require any further information please contact us at:

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Please take time to read the contents of this information guide. Any actions that are inconsistent with this guide, are done so at the operators risk and Thorpe Mill Ltd will not be liable for injury or damage. In addition to the information in this guide, operators should use the product specified with due consideration of applicable international, national and local regulations, guidance and policies. Safe and correct use of this product is solely at the discretion of the operators.

If a serious incident does occur during use, this should be reported to Thorpe Mill Ltd using the above contact details.

*Pressure redistributing high specification foam mattresses, overlays and cushions are recommended for the prevention and management of pressure ulcers (NICE, 2014). Choice of product should be determined by a qualified professional, following a comprehensive and holistic assessment using both formal and informal assessment methods.

**High frequency welded seams and waterfall flaps to conceal the zip will incur an additional charge.

Technical Information:

Mattress/ Quality	Optimise Contour (OPCTS1989115/ RMS)*** (OPCTD19813715/ RMD)****	Optimise Reactive (OPR1988815/ RMV)	Optimise Reactive Plus (OPRP1988815/ RMFEV)	Optimise Support Plus (OPSP1988815/ RMFE)	Optimise Support (OPS201216/ BFM)
Cover	Blue multi-stretch vapour-permeable fabric	Blue multi-stretch vapour-permeable fabric	Blue multi-stretch vapour-permeable fabric	Blue multi-stretch vapour-permeable fabric	Blue multi-stretch vapour-permeable fabric
Foam Inner	Single-layer: Castellated high-density combustion modified polyurethane	Dual-layer: Temperature sensitive viscoelastic foam and high-density combustion modified polyurethane	Dual-layer: Castellated Temperature sensitive viscoelastic foam and high-density combustion modified polyurethane with a U-shaped edge	Dual-layer: Castellated high-density combustion modified polyurethane and a denser high-density combustion modified polyurethane base with a U-shaped edge	Dual-layer: Castellated high-density combustion modified polyurethane and a denser high-density combustion modified polyurethane
Turn	Four way	Two way	Two way	Two way	Two way
Dimensions	198x91x15 cm *** 198x137x15 cm ****	198x88x15 cm	198x88x15 cm	198x88x15 cm	200x120x16 cm
Flammability	BS 7177:2008	BS 7177:2008	BS 7177:2008	BS 7177:2008	BS 7177:2008
Maximum User Weight	127kg	127kg	127kg	127kg	318kg

