

MultiAdjust

Children to Adult Chair Sizes

Supporting Health & Social Care Professionals with their seating provision and meeting equipment criteria.

Clinical Justification & Case Studies

CareFlex

The MultiAdjust

The CareFlex MultiAdjust® is a highly adjustable, cost effective, tool-free seating system that provides postural support and pressure care without compromising the individual user's comfort or function. The MultiAdjust is available in Small and Medium chair sizes to support children through to the older adult of varying shape and size. The MultiAdjust Advance is available in Medium.

Introduction

The MultiAdjust is an ideal choice for multiple-user environments. It provides high levels of comfort and the robust construction quality associated with CareFlex. Its modular design, with interchangeable accessories, makes it the perfect fit for community equipment services and suitable for a wide range of seating needs in most health and care settings. Chair functions can be operated by manual gas action control or battery-controlled motors and a pro-control option.



Clinical Need

When an individual's ability to achieve good sitting posture is affected, either through age, illness, injury or disability, it can have a significant impact on their health and wellbeing. Specialist seating aims to allow individuals, who might otherwise have difficulty, to achieve their optimum sitting posture to sit out comfortably, interact with their environment, participate in activities of daily living and enhance physiological function.

Top tip: Check out the CareFlex website for detailed information on specific postural challenges and how specialist seating can help. www.careflex.co.uk/health

The MultiAdjust has been designed and engineered for individuals who present with moderate postural needs and are at risk of pressure injury, especially those in multiple-user environments:

- For situations where support is needed to manage the user's posture and pressure care needs whilst maintaining comfort, independence and interaction.
- Posture may be more challenging and additional support may be needed to correct or accommodate body segments.
- Primary goals include comfort and stability, enhanced functional movement, postural support, and pressure redistribution.

The MultiAdjust meets the following chair requirements:

- Robust and adaptable, comfortably supporting the user's posture to complete activities of daily living and to interact with their environment.
- Simple and safe to operate encouraging regular repositioning either independently or with support.
- Integrated pressure management to reduce the risk of pressure ulcers as a result of prolonged and/or abnormal postures.

Top tip: For users with more complex postural needs and an increased risk of pressure injury, consider the MultiAdjust Advance (Medium Only), or SmartSeatPro® II.

Seating Objectives

Clinical Justification

The MultiAdjust effectively balances four key objectives for specialist seating provision:

1. Comfort
2. Function
3. Postural management
4. Pressure care

The MultiAdjust achieves this by enabling the user to meet the basics of good sitting posture:[1]

- The body is conformed to the supporting surface symmetrically.
- Body weight is distributed equally over the maximum surface area.
- A balanced and stabilised body that can adjust to change.
- Body segments are supported and aligned as much as is possible.
- Upper limbs are free from their load bearing role for function.

Comfort

Comfort is key for quality of life, and for this reason it is the top priority at CareFlex. Comfort may seem an easily achievable goal but everyone has their own ideas on what being comfortable actually means. To some it could mean feeling safe, to others it could mean feeling energised, to those using other specialist equipment it could mean the opportunity for some freedom, and to those who experience pain it could mean finally being able to relax.



movements, which are associated with painful spasms and instability. Comfort is equally important for individuals who experience a more sedentary lifestyle, as spending prolonged periods in a seated position can result in stiffness and chronic pain.

Specialist seating that promotes comfort and feelings of safety can not only enhance an individual's daily life but also increase tolerance of a desired seated position and compliance with equipment. If an individual isn't comfortable then they may not use the chair regardless of the clinical benefits.2 Consistency of use is crucial for achieving outcomes and thus reducing the risk of secondary complications.

Top tip: Comfort is subjective. In order to achieve comfort, the individual must be involved throughout the assessment and prescription process. They are at the centre and we need to ensure that their views are respected, along with all those involved in their care.

Function

Specialist seating is not only important for protecting the body segments and reducing the risk of secondary complications but also encouraging normal functional movement and the promotion of independence. Independence is crucial for an individual's wellbeing and is an important factor in living a fulfilling life.

Freedom of movement is achieved through effective stabilisation of the pelvis and trunk3 as the upper limbs are removed from their load bearing role. A stable posture has been shown to help an individual engage more fully in social activities at home, school or work, and as part of the community.4

Energy management is a critical part of

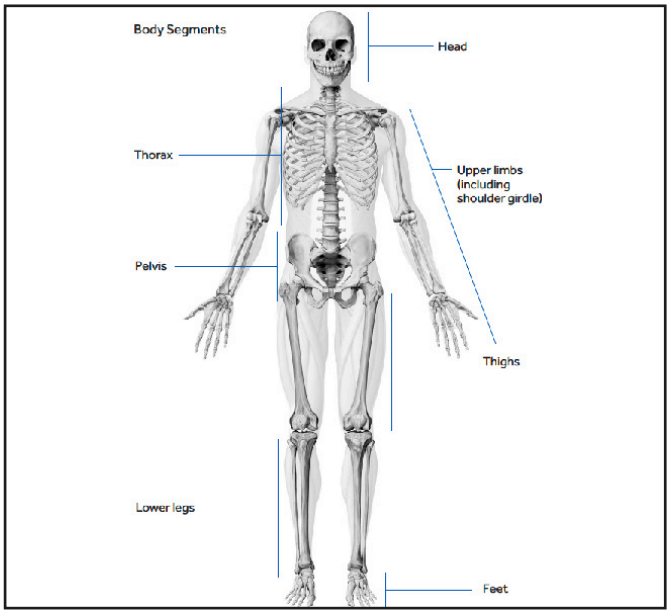
promoting both comfort and function. Fatigue can affect all aspects of an individual's life and can significantly restrict their ability to engage in daily living, as well as having a negative impact psychologically and socially.5 An unsupported posture can cause fatigue by making inefficient use of the body structure. Gravitational forces can also make sitting an effort for those who present with muscle weakness and abnormal muscle tone. Fatigue, if unmanaged, can be associated with significant postural challenges, including kyphoscoliosis, posterior pelvic tilt and contractures.

Early implementation of fatigue management strategies into daily life is critical, and could reduce the impact and the probability of fatigue becoming chronic.6 The appropriate use of specialist seating can encourage energy conservation, making it easier for individuals to live a meaningful life. Specialist seating systems allow users to be more involved in activities of daily living, including interaction and engagement, due to the opportunity to rest and recuperate resulting in more energy throughout the day.

Postural Management

Postural management is the use of any technique to minimise postural abnormality7 and is evidently linked to an individual's ability to achieve their seating objectives. Lack of postural care and prolonged abnormal sitting postures can cause tension on the body and increase the risk of significant secondary complications, such as exacerbated pain and postural deterioration.8 Proper positioning has demonstrated that it can decrease fatigue whilst helping to alleviate chronic discomfort and maximise function.9 As the body structure is supported, and the segments work together efficiently, the user will experience improved comfort, stability, functional movement, and energy conservation.

Top tip: Effective postural care targets all body segments;1 pelvis, thorax, upper limbs, head, thighs, lower legs, and feet.



A major goal in postural management is to promote good health and enhance autonomic nervous system function.[10] A person's inability to sit upright can result in increased dependence and decline in overall health over time, primarily reflecting altered physiological function.[11] Trunk asymmetry and poor head position can impair respiration, cardiac efficiency, swallow function, and digestion. Consequently, increasing the risk of aspiration, infection, and any related hospital admission.

An appropriate seating system can provide the optimum position for respiratory and circulatory function.8 An upright sitting position can also facilitate a normal swallowing pattern[12] and improve components of eating and drinking behaviour by maintaining good head alignment.[13]

Top tip: The pelvis is the foundation for a good sitting posture as it dictates what happens to the body segments above and below. Positioned at the person's core, it acts as a support system for the entire body. The pelvis should be stabilised in all planes of movement. The aim is to correct the pelvis if it can be corrected; however, any fixed pelvic challenges must be accommodated.

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Reducing costs is also a long term benefit of appropriate postural management.[14] It can reduce costs associated with hospital admission, pressure injuries and infection. It reduces the need for invasive and expensive interventions too.

Pressure Care

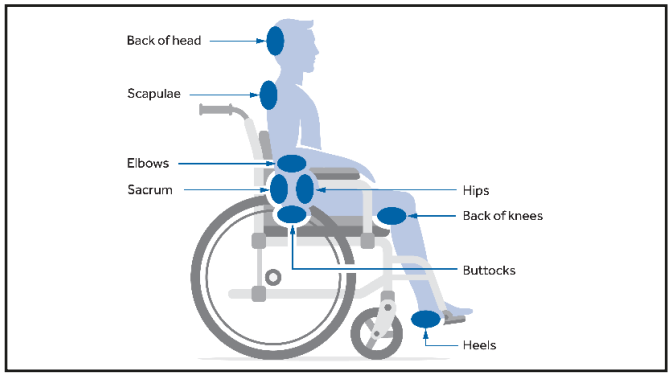
Posture and pressure are inextricably linked; body posture and positioning have a direct influence on the pressure going through specific body sites.[15] Even in the gold standard sitting position, body weight is distributed as follows:[16]

- Through buttocks and thighs: 75%
- Through the feet: 19%
- Through the arms of the chair: 2%
- Through the back: 4%

The body can only withstand high interface pressures for a short period of time, and when loading of tissues is unequal, and/or pressure isn't regularly relieved, pressure ulcers can occur.[17] There are also a number of contributing or confounding factors, including pressure, shear forces, friction and moisture, associated with pressure ulcers.

Everyone is potentially at risk of developing a pressure injury.[18] The impact of a pressure injury is profound, with individuals being affected physically, psychologically, socially, emotionally, spiritually, and financially.[19]

Top tip: Professional guidance from a Tissue Viability Nurse or District Nurse may be indicated.



A key intervention of pressure care is pressure redistribution; regular repositioning is critical for those deemed at risk of developing a pressure injury as it is believed to be one of the most effective methods for preventing skin damage.[15] The opportunity to sit out can offer a much-needed change of position to encourage blood flow and redistribute pressure. Specialist seating systems aim to reduce the risk of pressure injuries by distributing the user's body weight evenly throughout the chair over the maximum surface area with posture supported as aligned and symmetrical as possible.

Top tip: Tilt-in-Space* can aid repositioning with the aim of redistributing pressure regularly as part of the individual's 24-hour posture and pressure management plan.

Appropriate management or, better still, prevention of pressure injuries can not only improve an individual's outcomes and quality of life, but it can also reduce the costs to health and social care services benefiting the wider community.

Specialist Seating Provision

Once an assessment is completed, Health & Social Care Professionals will need to justify their specialist seating prescription. Clinical justification is important as it aids in decision-making, prioritising and securing funding for equipment. It is the opportunity for Health & Social Care Professionals to advocate for the best individual outcomes.

To clearly demonstrate an individual's need for specialist seating, and to comprehensively convey the clinical justification, a funding request should:

- Be holistic and, where possible, have a multi-disciplinary approach.
- Identify the seating needs, considering the aims and objectives of the individual, their support network and the environment.
- Present the clinical findings and prove how the chair can meet the seating needs, but also state the risks of not prescribing the chair.

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- Back up any claims with evidence, including research, guidelines and legislation.
- Outline past and current interventions to demonstrate that less costly interventions have been considered.
- Demonstrate clearly the cost effectiveness of prescribing the chair and the cost implications of not prescribing the chair.

MultiAdjust Seating Solutions

The MultiAdjust offers comprehensive seating solutions, due to a range of functions and accessories, which will enable individual users to achieve their seating objectives whilst also being an ideal provision for multiple-user environments:

Reliability

- Since 1995 CareFlex has been collaborating with Health Care Professionals to develop innovative and effective specialist seating; CareFlex understand the importance of balancing comfort, function, postural support and pressure care.
- CareFlex have confidence and pride in their specialist seating and the positive impact they know it can have on people's lives. They have therefore submitted their products for independent testing and evaluation over the years, including pressure mapping and published clinical research. For further information, a copy of the summaries can be obtained from the CareFlex website: https://www.careflex.co.uk/info-centre/clinical-evaluations/

Adjustability

- Every chair must be set-up to fit its user; if it is not then it can cause more harm than good.
- The MultiAdjust is available in Small and Medium sizes so can be set-up for individuals of varying shape and size, including children and adults.
- Seat depth, seat width and arm height adjustments, make the MultiAdjust ideal for both individual users and for those in multiple-user settings. This adjustability is critical for postural stability and pressure distribution, and ensures the chair dimensions can be easily configured for individuals of different body shape and size.
- Correct seat depth ensures pelvic stability by supporting the pelvis posteriorly. Without posterior support, the user can go into sacral sitting with a posterior pelvic tilt. If the seat depth is too long, the user won't be able to flex their knees over the seat edge so they will slide forward in the chair to allow knee flexion. If the seat depth is too shallow the area over which body weight is distributed may be reduced, which increases the risk of pressure injury.
- Seat width adjustment helps to laterally stabilise the pelvis. Correct seat width can reduce the tendency for the user to lean or shuffle the pelvis. These undesirable movements can result in pelvic obliquity or pelvic rotation and the posture becoming increasingly unstable with unequal loading on tissues. Left unmanaged, this leaning posture could lead to the development of a scoliosis.
- The armrest adjustment can be used to set the chair at different seat widths from front to back and left to right, which may be indicated for users with fixed lower limb postures such as windsweeping, or those with increased body mass in the gluteal and hip areas.
- The Small MultiAdjust offers additional adjustability features due to the flexibility that may be required as a paediatric user develops and grows. There is the ability to select from two back height options and four seat height options at the manufacturing stage. Retrospective adjustments by a Technician are possible, where indicated.
- Arm height is important for users who can rise to standing by pushing up and out of the chair. It also encourages repositioning and enables optimum upper limb position for activities. Arm support can also relieve tension in the neck muscles. It should not be used to achieve trunk alignment or control

however.
- Armrest height can be set differently from front to back resulting in angled armrests, which may be indicated for users with specific upper limb positioning requirements.

Robustness

- The MultiAdjust provides high levels of comfort and the robust construction quality associated with CareFlex.
- The Medium chair is durable with a 25stone (159kg) safe working load. The Small chair's safe working load is 16stone (100kg).
- For peace of mind the MultiAdjust comes with a 5-year warranty on the frame and 1-year on all other parts and labour.

Infection Prevention & Control

- Specialist seating systems within health and social care environments can be a cause of cross-contamination and therefore infection prevention and control must be considered during the assessment and prescription processes.
- The MultiAdjust's modular design allows for simplified and easier cleaning of the individual chair sections and frame.
- Capped bolts ensure smooth edges with no crevices for enhanced infection prevention and control.
- The MultiAdjust also features vapour permeable fabric as standard to all contact areas – seat, back, leg rest and armrest.

Tilt-in-Space*

- Tilt-in-Space can promote pelvic stability and assist with positioning by encouraging the pelvis to remain at the back of the chair.
- Tilt-in-Space can be a key function in order to achieve energy conservation by allowing periods of rest, without affecting the critical angles for sitting.
- Tilt-in-Space can be used to reposition an individual against the forces of gravity in different degrees of tilt to redistribute pressure and ultimately reduce the risk of pressure injury.
- Tilt-in-Space with a 5° forward tilt can also be prescribed for users who are able to stand but require extra assistance; this can be incorporated into an individual's rehabilitation programme.
- The optional inclinometer can aid seating prescription and promote safe use of Tilt-in-Space by providing a visual indicator of tilt angle.



Back Angle Recline*

- Back Angle Recline promotes comfort by accommodating reduced range of movement at the hips, alleviating pain associated with the lower limbs, and reducing abdominal pressure.
- It can also play a key role in pressure redistribution when used in combination with Tilt-in-Space.

Reflexion® Foam (Standard MultiAdjust)

- Reflexion® foam reacts to body heat and uniquely moulds around the contours of the user so that body weight is spread more evenly across the whole surface area to promote comfort and stability.
- The Reflexion® foam back and cushion can promote improved circulation and lessen the development of pressure ulcers by reducing interface pressures over critical parts of the body subjected to compression.

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Watercell Technology (MultiAdjust and MultiAdjust Advance)

- CareFlex WaterCell Technology provides a reliable and dynamic pressure care solution for people at medium to high risk of pressure injury.
- The WaterCell Technology seat cushion, vapour permeable upholstery, and postural support work synergistically within the seating system.
- It enables the individual to achieve a stable and functional posture without compromising on pressure care and comfort.
- The layer of visco-elastic memory foam moulds to the shape of the buttocks and thighs, distributing weight over a larger surface area and minimising pressure buildup under bony areas.
- The water cells work by allowing the seat cushion to contour naturally and effectively around the user's body in response to movement.
- A range of cushion sizes are offered to enable appropriate postural support and pressure distribution.

Flat Back

- A Reflexion® foam Flat Back balances comfort and pressure care with the promotion of active engagement in sitting.
- It can also be used with external laterals where greater trunk support is indicated.

Contoured Back

- A Contoured Back provides greater lateral support for the trunk to encourage an upright mid-line position; it can assist with leaning postures and offers additional control during upper trunk functionality.
- May be indicated for users who present with limited sitting ability due to weakness, abnormal muscle tone or fatigue.
- The sculpted sides are slightly offset, and the back can be rotated 180° and fitted both ways to provide the appropriate lateral support height for the user.
- The contoured back on the Medium chair consists of a medium-density Reflexion® foam profile, and is available in two widths – 450mm & 500mm.
- The contoured back on the Small chair is available in two heights, depending on the back height selection – 650mm & 750mm.
- The contoured support is positioned above the top of the armrest, allowing correct utilisation of the seat width adjustment system to ensure appropriate pelvic stability.



Waterfall Back

- The Waterfall Back promotes effective posture management and pressure care whilst enabling user comfort.
- The internal soft filling in the pillows can be configured to accommodate kyphotic or lordotic postures to reduce the pressure at the curves' apex and fully support the spine.



Articulating Head Section

- The MultiAdjust Advance includes an articulating head section with a choice of support as standard to address specific head and spine postural challenges, such as an increased thoracic kyphosis. Head section supports includes a Flat or Waterfall option.



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External Lateral Support

- External and removable laterals with independent height and width adjustment may be indicated for individuals who require firmer trunk control to achieve an optimum upright midline position.

Removable Armrests

- Fully removable armrests will facilitate lateral transfers from both sides to promote independence and encourage activity.
- The ability to remove the armrests can also assist with sling application and removal for improved positioning.
- Transfer-Assist armrests specifically support transfers that use active standing hoists and encourage optimum pelvic positioning in the chair.



Leg Rest

- The independently elevating leg rest will provide lower limb positioning whilst promoting alignment and stability.
- It can also help to improve circulation and reduce swelling.
- The angle of leg rest elevation tolerated by an individual is dependent on their hamstrings muscles and knee joint range of movement; inappropriate elevation of the lower limbs can cause pain, a posterior pelvic tilt, and sliding down the chair increasing shear and friction forces.
- The negative angle at the leg rest can accommodate limited knee range of movement allowing a more comfortable seating position for those with contractures or tight hamstrings muscles.
- A negative angle leg rest can also facilitate safe standing by allowing optimum foot placement.

Angle Adjustable Flip-Up Footplate

- Insufficient foot support can negatively impact on postural stability and pressure risk; individuals naturally seek support through the feet to obtain the proprioceptive feedback required.
- The MultiAdjust's height and angle adjustable footplate can accommodate fixed angles of plantar flexion at the ankle or correct foot posture to a more neutral position for comfort and pressure distribution, especially for individuals with a foot drop or a longer lower leg length.
- The flip-up footplate can be easily lifted up to vertical to move it out of the way for improved safety and foot placement during standing transfers.
- A detachable footplate pad is also available that can provide greater comfort.
- The Small MultiAdjust offers two footplate size options, depending on need.



Soft Headrest

- A comfortable rectangular pillow that can support the head if an individual presents with weakness or fatigue.

Soft Profiled Headrest

- A profiled pillow that comfortably supports the shoulders, neck and head to encourage head alignment for interaction and optimum physiological function for users with reduced head control.

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Positioning Aids*

- A padded pelvic belt is an intervention that is available for anterior pelvic stabilisation and can be used as a safety belt when portering individuals.
- A 4-point padded pelvic belt has a centre pull adjustment and comfort pads to reduce pressure on the front of the pelvis with secondary straps that pull down over the thighs at right angles to the seat base to maximise pelvic stability and reduce the risk of sacral sitting.
- A groin harness is a positioning aid that provides maximum pelvic control to help stabilise the position of the pelvis and prevent the user from sliding forward in the chair.
- A dynamic chest harness provides anterior support and comfort whilst not restricting active positioning and function; the lower straps have multi-direction buckles that swivel to avoid twisting.

Pommel

- An external pommel can encourage thigh alignment and further assist with maintaining pelvic stability.

Tray

- A tray can be prescribed to offer further upper limb support and enable engagement in activities or occupation.

Support Network Considerations

- It is imperative that the individual's support network and the environment in which the chair will be used are considered to ensure compliance and consistency of use.
- The MultiAdjust has been designed so that all adjustment mechanisms are simple to use, easy to find and tool-free, where appropriate.
- It is lifting hoist and standing hoist compatible to both promote safe moving & handling for non-ambulant users and facilitate transfers for those who remain ambulant or semi-ambulant; thus reducing carer load and dependency. Fully removable armrests also allow easy access to slings and can facilitate transfers from both sides.
- Four braked and swivel castors promote security and smooth portering, with care homes, hospital wards, hospices and respite settings in mind.
- Tilt-in-Space can also assist with positioning during moving & handling by utilising gravity to position the pelvis at the back of the chair.



Clinical Justification

References

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The MultiAdjust

Barry's Story

CareFlex were able to meet with Barry recently and had the privilege of providing him with the all new MultiAdjust specialist seating system for its very first trial. Rebecca Dunstall, Clinical Specialist, and Les Jones, Business Development Manager, met with Barry, care home staff, and his therapy team at the care home where he resides. The aim of the visit was to discover if CareFlex specialist seating could improve his quality of life.

Barry is a 62-year-old gentleman who enjoys music, one-to-one activities with care home staff, and discussing his favourite recipes. Barry receives long-term nursing care, including full assistance with administration of medication and personal care. He lives with cortical blindness and limited functional movement but is able to communicate his wants and needs verbally.

Barry's diagnosis is progressive multifocal leukoencephalopathy:

- Barry presents with left-sided weakness and reduced postural control.
- He has instability at the pelvis and gravity pulls him into a posterior pelvic tilt (sacral sitting).
- He is non-ambulant and fully hoisted for all transfers.
- He can show sensitivity to touch and does experience episodes of pain, which are managed effectively with analgesia.

Prior to CareFlex involvement, Barry used his wheelchair throughout the day for all seated activities, and had no access to alternative seating. Care home staff reported episodes of agitation and behaviours that challenge following moving & handling.





During the assessment it was evident that Barry had a low tolerance of his sitting posture in his wheelchair. He was at risk of increased agitation with continued prolonged use of his wheelchair as there was a clear correlation between his behaviour and his transfers into it. He was also at risk of pressure injury due to unequal weight distribution, and deteriorating pain and fatigue.

An alternative seating system that enabled a much-needed change of position was most definitely indicated. Barry's seating objective, above all else, was to be comfortable, thus reducing agitation and improving his wellbeing as this is the outcome that would have the greatest impact on his quality of life. The MultiAdjust offers:

- Flexibility with a range of seat adjustments, including seat depth, seat width and armrest height, to provide long term support as Barry's condition progresses and his needs change.
- Tilt-in-Space* to encourage pelvic stability in conjunction with a padded pelvic belt*.
- Tilt-in-Space in combination with Back Angle Recline* to also allow for periods of rest for energy management during daily use.
- Adjustable lateral support to encourage trunk alignment to promote optimum physiological function, especially during eating & drinking, and to limit Barry's leaning posture.
- Height adjustable armrests to allow for different upper limb support needs left to right.
- An angle adjustable footplate to enable a comfortable lower limb and to allow the feedback necessary for postural stability.
- A detachable footplate pad to ensure

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feedback through the feet is gentle but sufficient given Barry's sensitivity.

- Reflexion® foam back and cushion to ensure adequate pressure care whilst promoting comfort and function.
- Hoist compatibility to ensure that care home staff are able to complete moving & handling safely, efficiently and with ease, which should also improve Barry's tolerance of transfers.



Barry immediately settled into the chair and communicated that he felt "very comfortable".

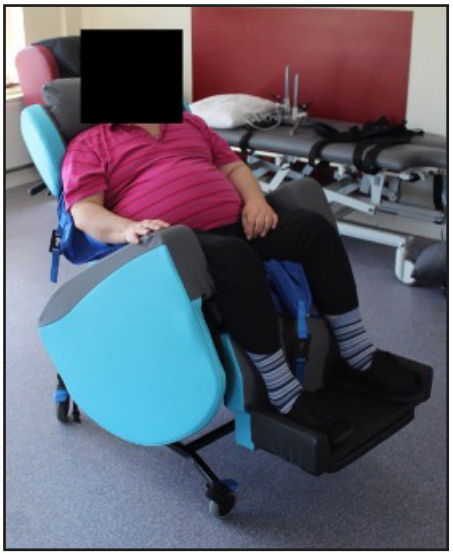
On review, care home staff reported a noticeable change in Barry's mood and behaviour with reduced episodes of agitation and a clear willingness to sit out in the MultiAdjust during the day; he even felt relaxed enough to fall asleep in the chair during his trial. The MultiAdjust was effective in increasing Barry's tolerance of seated posture; subsequently allowing him to achieve a much-needed change of position and an alternative to his wheelchair.

Barry concluded our visit stating that he "wouldn't change a thing", which is praise indeed.

Of course, achieving good sitting posture is important, but often compromise is the magic word as compliance and consistency is key to realistically meeting an individual's seating objectives. There is no higher praise than an individual wanting to use a CareFlex because they know it will allow them to be comfortable, safe and content. We are so proud that we were able to change Barry's daily life for the better and look forward to visiting him again to deliver his very own MultiAdjust.

At CareFlex, we strongly believe in our ethos: we strive to balance posture and pressure management with the individual's own goals, whilst promoting comfort, independence and a meaningful life.

Get in touch to arrange a free no-obligation assessment if you think you or your loved one need a supportive yet comfortable chair, like Barry, from CareFlex specialist seating.



*Disclaimers

Tilt-in-Space, Back Angle Recline, and Leg Rest Elevation should always be prescribed responsibly, ensuring that they are safe and appropriate for the user following a comprehensive assessment of posture and risk, with advice sought from the multi-disciplinary team where indicated. In some cases, these functions will be contra-indicated, and they could also increase shear and friction forces.

All belts and harnesses (positioning aids) must be prescribed, implemented, and monitored responsibly following a comprehensive risk assessment. Please see the following for further information:

- Medicines and Healthcare Regulatory Agency (MHRA) (2015) MDA/2015/018 All posture or safety belts fitted to supportive seating, wheelchairs, hoists and bathroom equipment London: MHRA
- British Standard (BS) (2019) 8625:2019 Selection, placement and fixation of flexible postural support devices in seating London: BSI

The MultiAdjust

Jayne's Story

CareFlex had the pleasure of meeting Jayne recently and we were able to provide her with the all new MultiAdjust specialist seating system to trial. Rebecca Dunstall, Clinical Specialist, and Les Jones, Business Development Manager, met with Jayne, care home staff, and her therapy team at the care home where she resides. The aim of the visit was to find out if CareFlex specialist seating could improve her quality of life.

Jayne is a 55-year-old lady who loves watching television and chatting with her friends at the care home. Jayne receives long-term nursing care, and has a great support network in her mother and sister. Jayne does present with cognitive impairments but is able to communicate well verbally.

Jayne's diagnoses are epilepsy and subdural haematoma, managed via craniotomy, following a head injury:

- Jayne presents with generalised weakness and reduced postural control resulting in fatigue.
- She has instability at the pelvis presenting with a habitual posterior pelvic tilt and pelvic rotation.
- She also presents with an increased thoracic kyphosis, shoulder protraction and foot drop.
- Jayne is non-ambulant and is fully hoisted for all transfers.



Prior to CareFlex involvement, Jayne used her wheelchair throughout the day for all of her seated activities, meaning that she had no access to alternative comfortable seating. Care staff were concerned about her risk of pressure injuries and her wellbeing; Jayne was experiencing fatigue and often requested to return to bed in the afternoon resulting in limited social interaction.



During the assessment it was evident that Jayne needed a seating system to promote pelvic stability, support the upper limbs and open up the shoulder girdle. She also needed an opportunity to relax throughout the day to encourage energy conservation, which would be critical to her ability to engage and interact socially. The MultiAdjust offers:

- Flexibility with a range of seat adjustments, including seat depth, seat width to ensure an individualised set-up.
- Tilt-in-Space* with padded pelvic belt * to promote postural stability.
- Tilt-in-Space* to also utilise gravity to correct Jayne's kyphotic posture as much as possible.
- Reflexion® foam contoured back support to encourage trunk alignment and accommodate her remaining increased thoracic kyphosis.
- Back Angle Recline* and elevating leg rest to manage generalised weakness and allow for periods of rest for energy conservation during the day; this was essential for Jayne to continue engaging with friends and family.
- Height adjustable armrests to ensure appropriate upper limbs support crucial to Jayne's shoulder and head position; Jayne's arms relaxed into the support opening up her upper trunk.
- An angle adjustable footplate to correct her ankle position for optimum support and pressure distribution.
- Hoist compatibility to ensure that care home staff are able to complete moving & handling safely and with ease, which is critical for initial optimum positioning.

Clinical Justification



Jayne settled comfortably and said that she was "very happy" to keep sitting in the chair.

On review, care home staff reported that Jayne continued to be happy to sit out in the chair every day. Jayne appeared to be able to interact with other residents for longer periods of time before needing a rest, and was generally more content throughout the day.

Finding the most appropriate seating system is always a fine balance but no seating objective should be given greater priority than the individual user's comfort. Witnessing an individual smiling more just because they feel safe and able to relax really is the highlight of our working day. We are thrilled that we were able see Jayne smile and we look forward to visiting her again soon.

At CareFlex, we strongly believe in our ethos: we strive to balance posture and pressure management with the individual's own goals, whilst promoting comfort, independence and a meaningful life.

Get in touch to arrange a free no-obligation assessment if you think you or your loved one need a supportive yet comfortable chair, like Jayne, from CareFlex specialist seating.



*Disclaimers

Tilt-in-Space, Back Angle Recline, and Leg Rest Elevation should always be prescribed responsibly, ensuring that they are safe and appropriate for the user following a comprehensive assessment of posture and risk, with advice sought from the multi-disciplinary team where indicated. In some cases, these functions will be contra-indicated, and they could also increase shear and friction forces.

All belts and harnesses (positioning aids) must be prescribed, implemented, and monitored responsibly following a comprehensive risk assessment. Please see the following for further information:

- Medicines and Healthcare Regulatory Agency (MHRA) (2015) MDA/2015/018 All posture or safety belts fitted to supportive seating, wheelchairs, hoists and bathroom equipment London: MHRA
- British Standard (BS) (2019) 8625:2019 Selection, placement and fixation of flexible postural support devices in seating London: BSI

DISCLAIMERS

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The information given in this book represents current advice at the time of publication. It is intended as general information and guidance and is not a substitute for professional medical advice which should be sought for specific, individual cases. It is the responsibility of the treating clinician, relying on independent knowledge and skills, to determine the best intervention and method of application for the individual.

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