

If we're taking care  
of our patients,  
who's taking care of us?





# Beds and surfaces that take care of both me and my patients?

## Now that's BackSmart.™

Patients are getting heavier, older and often times sicker. At the same time the physical demands on you, the caregiver, are increasing. The result? Back strain and injury, increased workers' comp claims and nurses leaving the profession earlier than ever.

At Stryker, we believe there is a solution that not only provides far greater protection for you, but actually improves the experience for your patients. We've developed an approach to designing and building equipment called BackSmart. BackSmart beds and surfaces improve your ability to care for your patients and improve your chances of having a full career by reducing or eliminating the tasks that strain your back.

BackSmart features are found throughout our beds and surfaces. They're intended to assist you and your patient in three critical areas of care:

- Patient entry
- Bedside care
- Patient exit

Why BackSmart? Because Stryker believes beds and surfaces need to be more than just pieces of equipment. They need to aid caregiving, improve safety and enhance healing.

Healthcare workers are **4.5 times** more likely to **sustain back injuries** due to **overexertion** than any other type of worker.<sup>1</sup>

### BackSmart Features

	BEDS			SURFACES	
	Secure® II	GoBed® II	Epic® II	PositionPRO™	XPRT®
Seat Assist	•		•		
Stand Assist	•		•		
Position Assist	•	•			
Auto Contour			•		
Cardiac Chair	•	•	•		
Low Bed Height	•	•	•		
Zoom® Motorized Drive System	•		•		
Retractable 5th Wheel		•			
Maximum Inflate				•	•
40 Degree Turn				•	•
Infinite Positioning				•	
Rotation Therapy					•
Pulmonary Therapy					•

A bed is just a bed  
**until it helps**  
me do my job.

A bed is just a bed  
**until it improves**  
my chances of  
having a full career.



**Seat Assist places a patient into bed correctly the first time regardless of patient height.**

## Patient Entry

### Seat Assist

Placing a patient into the correct position the first time enhances comfort and helps reduce the likelihood of injury to you, the caregiver. BackSmart intermediate siderails position patients' hips in the correct position on the bed so you don't have to boost or manually reposition them. Patients can help support their own weight easily and with a sense of security when entering the bed. Your role becomes far less physically demanding.

Over **one-third** of nursing **injuries** are attributed to **patient handling** and the frequency nurses are required to manually move and lift their patients.<sup>2</sup>



**Stand Assist lifts patients into a standing position.**

## Patient Exit

### Stand Assist

Our intermediate siderail position works together with the integrated lift system to help a patient out of bed without strain for the patient and caregiver. The result is not only an easier egress, but a positive psychological advantage. Patients feel that they can move about more freely on their own, and that healing is progressing.

Working in a **bent-over position** is recognized as a risk factor for a Cumulative Trauma Disorder (CTD). It is estimated a **healthcare worker works** up to **90 percent** of his or her work shifts **in this position.**<sup>3</sup>



Position Assist maintains a patient's position while in bed, regardless of the number of times the bed frame is articulated.

## Bedside Care

### Position Assist

During the course of an average day, a patient or a caregiver will move the bed from reclining to sitting positions as many as nine times. BackSmart features simplify this process. We've designed our bed to not only elevate but to retract when moving from a flat to a sitting position. The bed keeps the patient close to such necessary items as bedside tables, call buttons and personal possessions. This means a safer environment with fewer opportunities for bed-related patient falls.

This unique positioning system reduces pressure and the chance of sacral shear. The patient is more comfortable. At the same time, it reduces the need for you to boost or physically reposition your patient.

The most **common cause of CTDs** is the caregivers need to exceed their own safe lifting capacity when **transferring** a patient out of bed, **turning** a patient, or **boosting** a patient up in bed.<sup>4</sup>



PositionPRO turns up to 40 degrees.

### Support Surfaces

BackSmart features are not found solely on Stryker beds. Surfaces play a critical role in keeping you safe and keeping your patient in the proper position for healing. Our open architecture system allows you to pair Stryker beds with surfaces that are appropriate to the therapy required.

PositionPRO offers powered lateral repositioning and pressure redistribution that's vitally important to wound care. Its industry-leading 40 degree turn with 60-minute hold time helps reduce the risk of back injury for you.

No more tugging, pulling or struggling to move my patients because BackSmart beds and surfaces do it for me?

**Now that's BackSmart.™**



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**Joint Replacements**

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**Trauma, Extremities & Deformities**

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**Craniomaxillofacial**

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**Spine**

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**Biologics**

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**Surgical Products**

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**Neuro & ENT**

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**Interventional Pain**

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**Navigation**

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**Endoscopy**

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**Communications**

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**Imaging**

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**Patient Handling Equipment**

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**EMS Equipment**

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**Rehabilitation Services**

## REFERENCE

1. U.S. Department of Labor, Bureau of Labor Statistics, 2000.
2. "Back Disorders and Injuries," *OSHA Technical Manual*, Section VIII, <[http://www.osha.gov/dts/osta/otm/otm\\_vii/otm\\_vii\\_1.html](http://www.osha.gov/dts/osta/otm/otm_vii/otm_vii_1.html)>, accessed on December 29, 2006.
3. *Ibid.*
4. *Ibid.*

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