

Nexus Optima Air-Float Mattress system

UK clinical trials, positive outcomes.

University of Worcester:

Under the guidance of Richard White, Professor of Tissue Viability, extensive successful patient experience clinical trials & pressure reduction mapping completed. Excellent outcomes in reduced interface pressures together with 3 very successful community based clinical user evaluations written up by Geoffrey Thompson, Independent Tissue Viability Nurse Consultant, his Paper being published as a 'Product Review' in the prestigious quarterly Wounds UK September 2008.

RJAH Orthopaedic Hospital - Midlands Centre for Spinal Injuries - Oswestry:

WS El Masry, Consultant & Director of MCSI, endorses Optima following clinical evaluations of users with spinal section, improved clinical outcomes, quick improvement of pressure ulcers, easy/unfussy to use. No motion sickness as experienced with APAMs, no migration as induced with alternating on APAMs. Suitable for use in ICU environment.

Warwickshire PCT South:

Practice based trial with female bilateral lower limb amputee resulted in excellent recovery of four & half year unhealed pressure ulcer, greatly improved transfer & improved sleep quality. TVN compiled Case Study submitted as part of Wounds UK article.

MS Patient - Worcester:

Practitioner supervised practice based clinical trial. For 12 months user only able to sleep either on stair lift seat or on lavatory, experienced problems previously with APAM & no improvement in condition!

100% success in improved quality of life & pain management with Optima, averaging 6 hours sleep per night, no contraindications.

Clinical trial 'Paper' being published in April 2009 - programme of promotion to help other MS sufferers actively in progress with MS Society.

Warwickshire PCT North:

Very successful Practitioner supervised practice based clinical trial with bilateral lower limb to thigh amputee with sub-pubic catheter. Also suffering pressure ulcer to buttocks/ sacrum, pain to stump ends through alternation on APAM.

Resulted in improvements in all areas of health plus improved ease of transfer.

4 Optima purchased for Bramcote Hospital on strength of trial results.

South Glous. PCT:

Bariatric patient (estimated 28 stones) with MS successfully trialled with Optima. User was described as 'difficult', spent lengthy periods in wheelchair because experienced pain, pressure ulcers to heels & noise difficulties with APAM mattress.

Found Optima very beneficial, also improved general comfort when lying & seated.

St Michaels Hospice:

Clinical trials with a number of users with end of life problems which included pressure ulcers, pain & sleep deprivation. All aspects improved for users.

Evaluations fully documented

Muscular Dystrophy Campaign:

Clinical evaluation in progress under the supervision of Nurse Specialist in Neuro-Muscular Diseases at Leeds General Infirmary who is Clinical Advisor to MDC.

Scio Healthcare:

Practice based clinical trial with Alzheimer sufferer resulted in the healing of grade 4 pressure ulcer, reduced pain & greatly improved comfort.

Meet Ruth from Worcestershire. Ruth has primary progressive multiple sclerosis.

Read Ruth's story and learn how the unique Optima air-float mattress system has provided a real, pain-free sleep solution.

- ▶ Aged 63, Ruth has had PPMS for 13 years and is cared for by her husband, Peter.
- ▶ She is under medical care from her GP and a Consultant doctor at a local hospice.
- ▶ For several years Ruth has suffered from severe neurogenic pain in the lower back which is virtually unaffected by drug therapy.
- ▶ A spinal block was effective for just 36 hours.
- ▶ Despite trying several different types of mattress & APAM's she cannot lie down in a bed or obtain a full nights sleep.

To help relieve pain Ruth had to adopt a coping strategy



- ▶ By holding her head at a certain angle she obtained some pain relief.
- ▶ During the day Ruth alternated between sitting on her stair-lift and leaning up against a wall.
- ▶ Ruth had to alternate between the chair & the wall to achieve maximum pain relief since no one position was effective for more than 20 minutes. This was her basic day.

BEFORE



- ▶ At night Ruth was unable to lie down on a mattress as pain triggers prevented her from sleeping more than a few minutes at a time.
- ▶ She used to 'doze' on the edge of the bed.



- ▶ Ruth managed to obtain some improvement by 'dozing' through the night on her stair-lift. However, she woke several times - leading to fatigue in the morning.

THIS STRATEGY HAD GIVEN ONLY LIMITED REDUCTION IN PAIN & RUTH'S QUALITY OF LIFE HAS BEEN SEVERELY AFFECTED.

IN RUTH'S OWN WORDS
"Whilst I would not contemplate suicide, death would be welcome to be free of the pain"

Now, following her visit to see us, meet a new Ruth.....!

- ▶ Ruth had tried several types of mattress/APAM's but with no success.
- ▶ Medical intervention was unable to reduce her neurogenic pain.
- ▶ With Peter & her OT she visited Nexus DMS Ltd to try for herself a new type of mattress - the unique Optima air-float reactive mattress system.
- ▶ WITHIN MINUTES, RUTH HAD DOZED OFF - LYING ON A BED!
- ▶ Shortly thereafter Ruth's very own Optima was delivered to her home!
- ▶ On her first full night - lying in a bed - on a mattress, RUTH ENJOYED A FULL 8 HOURS SLEEP, un-interrupted by pain triggers or the need to visit the bathroom. The following morning husband Peter had to actually awaken her for her medication!
- ▶ Since then, Ruth has benefited from at least 8 hours sleep every night.
- ▶ That was until she went on holiday, stayed in an hotel and completely lost the ability to have a full nights sleep again.

AFTER



- ▶ Ruth & Peter have witnessed the dramatic impact that the Optima mattress system has had on both of their lives
- ▶ Ruth's skin has remained intact throughout with no evidence of pressure damage.
- ▶ The ability of the mattress to intimately conform to Ruth's contours has inhibited pain triggers.
- ▶ The quality of Ruth & Peters' lives has improved immeasurably.

What does Ruth say?

"The mattress is marvellous - to be able to have a full nights sleep is wonderful"

"No more pain triggers during the night"

"I'm gently supported on the mattress which moulds around me"

"I move about the house more confidently"

"I can stand by my husband in the kitchen and instruct him with the cooking!"

"Despite the pain being no less during the day the ability to sleep at night makes the days easier"

"Others have noticed the more positive tone in my voice & brighter outlook"

"I would never give up the Optima for anything"

And Peter.....?

"As my wife has such a high quality of sleep I do not need to attend her as much. I have more time to do the gardening, cooking etc - and I have even been able to take up playing an instrument again."



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