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**WELCOME TO THE SUMMER** issue of Liko News, a periodical designed to bring you up to date information relating to Liko products, programmes and activities.

Despite the 'doom and gloom' surrounding the NHS market place at this time, there are also some very positive situations occurring, including new ideas to combat the well documented infection problems – and investment into new buildings where overhead tracking and ceiling mounted systems are becoming more and more popular. With our broad product range and long experience, ranging 25 years back, we feel that we are well equipped to face the new demands from the marketplace.

Our constant development of new products and variations of existing products is another part of our winning strategy. In this issue of LikoNews, you can read more about two products that we believe will become important parts of our product line: the RepoSheet Original, for easier repositionings in bed, and the new RollOn – a support in the sit to stand process.

We also visit the lovely Hinwick Hall College, where a "no lift" concept involving Liko equipment is greatly benefiting staff and students alike, and the exciting new Plateau Project in Plymouth.

I trust you enjoy reading this issue of Liko News and where more information is required please do not hesitate to contact us or visit our website at [www.liko.com](http://www.liko.com)

**Bob Parsons**  
Managing Director  
Liko (UK) Ltd



**Bob Parsons**  
MD, Liko UK

## Exhibitions 2006

### Moving & Handling People Conference

8–10 March, Business Design Centre, Islington, London

The Moving & Handling People Conference is organised by the Disabled Living Foundation, which also is Liko's chosen charity for 2006.

A very successful Bariatric Workshop was held the day before the Conference to raise awareness of the bariatric challenge in the UK and display available equipment. Liko's model Jim was on hand to help demonstrate how easily the FlexoStretch can horizontally lift large people.

The Business Design Centre was a splendid venue for the Conference, and was very well attended.

A good deal of interest was shown in the Liko stand, which displayed a selection of lifts and slings, including the all new RollOn, Viking XS and new "teddy fabric" paediatric slings.



### Naidex, 2006

25–27 April 2006, Birmingham

The Liko Stand, manned by staff wearing green waistcoats made from the Liko sling fabric, attracted a lot of attention at the Naidex Exhibition.

A great deal of interest was shown in the Mannekin Gallery, which exhibited a wide range of Liko slings.

The stand also displayed samples of Liko's unique R2R (room to room) overhead lift system, highlighting to visitors how safe and easy it is to use.

### National Back Exchange

18–20 September 2006, Telford

The NBE 2006 will feature strategic plenary, practical workshops and streamed presentations which will allow delegates to attend sessions particularly pertinent to their work and so make the most effective use of their time. Featuring a wide range of presenters from different disciplines reflecting the need for professionals to work together, the conference will be an educational and thought-provoking experience to update both theoretical and practical knowledge and skills. Liko look forward to seeing you all there – old customers and new!



## New functions on [liko.com](http://liko.com)

Besides the latest products and company information, new useful functions are constantly added to our website. Two of the latest additions are described below, and if you have any suggestions, please don't hesitate to contact us.

### Find Your Liko Contact

Now you can easily find contact information to your nearest Liko representative online!

Just go to [www.liko.com](http://www.liko.com) and choose "Locate representative" from the start page and then click the map.

Could it be any easier?

### Video clips

For several of our products, you can now watch short video clips that explain the product on our website. More clips will follow shortly.

If you prefer to watch the videos without Internet connection, contact us to receive a CD/DVD instead.

"I enjoyed the session from the Back Care Advisor from Salisbury, and as always enjoyed the practical session. It was a pleasure to meet other people and share their experiences and I look forward to any future seminars that you run."

*Stuart Russell – Back Care Coordinator & Adviser,  
West Sussex Health & Social Care*

"Just a note to thank you all at Liko for making last Friday so enjoyable. It was one of the best seminars I have been to in a long time!"

*Rita Platts – Back Care Therapist, St Mary's Hospital*



## A Liko seminar

**R**isk assessment and Using equipment to reduce the risk of injuries were two of the topics covered at a Liko Seminar held at Southampton University last January, where twenty Health Care Professionals met to share experiences and discuss the latest developments and trends.

One of the speakers was **Anthea Dendy**, Clinical Physiotherapy Specialist in Neurology. Her presentation on the collaboration needed between Clinicians and Manual Handling Advisers revealed some thought provoking facts and led to further discussion.

**Maggie Bracher**, Senior Lecturer in Manual Handling at Southampton University, addressed the topic of "care handling versus treatment handling".

**Tracy Hart**, Trust Back Care Adviser for Salisbury District Hospital, presented some alarming statistics on injuries and took the group through Dr Sue Hignett's REBA assessment tool.

A practical session then took place to look at specific risk situations and

score them using the REBA method.

The delegates were in agreement that there is a great risk of injury in care and therapeutic handling, and that reliable tools and methods are required to assess these risks.

**Mark Brenton**, Liko representative, worked with the delegates to find solutions with the help of Liko equipment.

Liko run these type of seminars all across the country, with presentations from some of the industry's most exciting speakers. If an invitation lands on your desk, why not come along and get involved, and be updated on the latest Liko products! And if you have any ideas on interesting seminars for your area, don't hesitate to contact your Liko representative.

# Going Solo makes perfect sense

Two major hospitals in London's West End, Hammersmith and Charing Cross, have introduced the use of Liko Solo patient specific disposable slings. Back Care Adviser Janet Hogger, the driving force behind this introduction, commented "The Solo slings make good sense for patients and staff alike. They are readily available on the ward, save on laundering costs and improve hygiene".

Outbreaks of MRSA (Methicillin Resistant Staphylococcus Aureus) and C.diff (Clostridium difficile) in hospitals have dominated much of the press headlines recently, but a positive outcome of this has been the increased awareness of the need for infection control.

This gave Back Care Adviser Janet Hogger the opportunity to introduce the concept of patient specific disposable slings at Hammersmith and Charing Cross. Liko equipment was already installed in almost every ward, easing the decision to invest in Liko Solo slings.

## Infection Control, Cost Efficiency and Availability

"In an effort to improve the availability of slings, and to increase our levels of infection control, it was logical to introduce patient specific disposable slings" said Janet.

"We still had to undertake a business case using a risk/benefit analysis, and 'what would happen if we didn't introduce the disposable slings?' was one of the many questions we had to answer. I believe that investing in Solo slings was the right decision. Manual handling risk is reduced, as the slings are readily available, and the risk of cross infection is better controlled".

Even when patients are in hospital for less than a week, and the sling is disposed of on discharge, the Solo is very cost efficient and makes perfect business sense.

Janet believes that "Liko equipment scores well on quality, ease of use, functionality and safety, and always comes out favourably in trials."

She added "All our equipment has to be cost efficient and reduce costs in the long term. As clinical staff are now well accustomed to using lifts, introducing a new concept such as the Solo slings has been reasonably straightforward."

A key step to implementing this new concept was the use of an automatic 'top-up' system where stock used is reordered on a weekly basis, thus ensuring that, subject to the correct assessment by nurses, the right size of sling is always available. Janet advised that medium and large sizes have been introduced to all wards, and she hopes to introduce the extra-large slings in the near future, using the same 'top-up' system.

This will alleviate problems of slings being lost or ruined in the laundry, and patients using the wrong sized shared sling.

## Additional Safety

The unique Solo sling was patented and introduced in 2003, increasing

Liko's range of slings; already the widest range available in the world, with more than 250 different variations of lines, styles and fabrics.

The Solo can be used repeatedly for general use, provided it does not become wet and is not laundered.

Extra safety is provided through the unique safety strap design surrounding the patient in all situations.

The Solo XL (extra large) increases the lift capacity from 200 kg (32 Stone) to 500 kg (78 Stone), extending the patient specific concept to the Bariatric patient and their carers.

In addition to significantly reducing the risk of cross infection prevalent when using shared slings, the Solo ensures the hygiene and cleanliness of each and every individual patient is respected.

## Here to stay

Judging by the findings at Hammersmith and Charing Cross Hospitals, the patient specific disposable Liko Solo sling is here to stay. The patient is respected, their dignity upheld, and the risk of cross infection is reduced – and the Solo is very cost efficient.

Janet Hogger concluded, "Using Solo disposable slings makes perfect sense."

Methicillin-resistant Staphylococcus Aureus (MRSA) is a type of bacteria that is resistant to certain antibiotics. Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes and dialysis centres) who have weakened immune systems.

C. diff (Clostridium difficile) is spread by the overgrowth of clostridiumdifficile spores, usually due to antibiotic therapy (antibiotics kill all bacteria in the intestines, allowing this one to overgrow). It can also be spread by hands – direct or indirect contact with contaminated surfaces.



◀ **Solo Highback Sling**

A disposable sling that suits most patients and is appropriate for all the usual types of lifts between bed and wheelchair, to the toilet and from the floor.

▲ **Name:** Janet Hogger

**Title:** Back Care Adviser

**Born in:** Yorkshire

**Education:** Physiotherapist

**Position:** 6 Years at Charing Cross and Hammersmith Hospitals in London

The Hammersmith Hospitals NHS Trust based in North West London was formed in April 1994 and includes the following hospitals: Charing Cross Hospital; Hammersmith Hospital; Queen Charlotte's & Chelsea Hospital and Ravenscourt Park Hospital. Together, the hospitals host some 1,200 beds and 6,000 staff.

**Hinwick Hall College of Further Education** provides up to 60 places for students aged 16 to 19+. The college offers opportunities for young people with physical disabilities and learning difficulties. Hinwick Hall is situated in rural Bedfordshire in and around a Grade II listed building.

**H**inwick Hall College of Further Education aims to make life a little easier and more dignified for students with special needs. Thanks to dedicated staff and the use of Liko equipment, Hinwick Hall is one of the safest lifting environments in England. Their philosophy is to work in a “no-lift environment” and for the students to experience a better quality of life.

In keeping with today’s “no-lift” demands, Hinwick Hall is well equipped with Liko mobile lifts, overhead lifts and lifting accessories. This has resulted in a giant step towards better quality of life for the students, with more activities and greater access to indoor and outdoor areas. However, the road to a “no-lift environment” is not a simple one.

### Concerns

There was initially some concern expressed at the concept of a “no-lift environment” due to the fear that using mechanical lifts would take longer than lifting manually. However, with a gradual introduction and comprehensive training, it became apparent that not only did using Liko lifts actually take less time, but also the safety of patients and personnel was increased.

Nikki Clark, Physiotherapist at Hinwick Hall, reports that, “No-lift environments’ are not that common,



## Giving quality of life

but I think that we have achieved it. It is actually faster to use the Liko systems than doing a manual lift, which is important”.

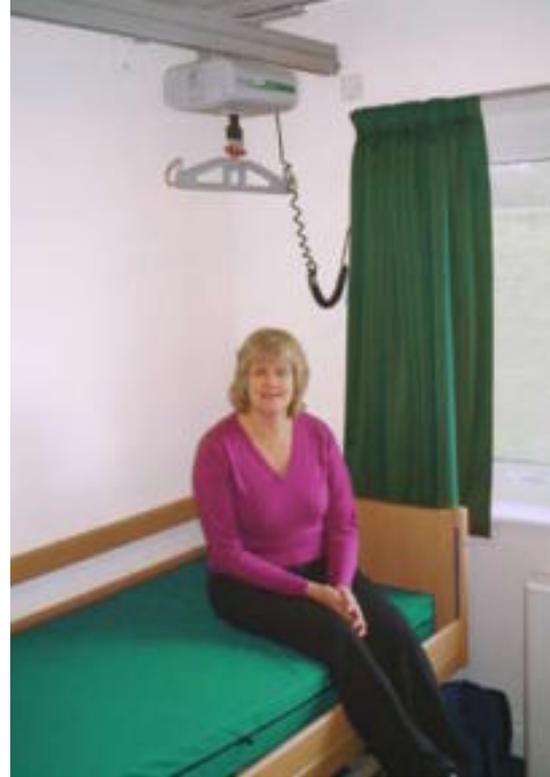
Hinwick Hall is a relatively small college, set in the Bedfordshire countryside, for up to 60 students

with physical disabilities and learning difficulties.

The main building is Grade II listed, built at a time when wheelchair access was definitely not considered, but with clever use of Liko systems a very good working environment has been created.



# Life a great big lift!



**Name:** Nikki Clark  
**Title:** Physiotherapist  
**Born in:** Birmingham  
**Education:** Physiotherapist  
**Position:** 6 Years at Hinwick Hall College of Further Education in Bedfordshire

“One of the reasons we decided to install Liko systems throughout is that it was simply the best solution to achieve our no-lift environment vision”, reports Nikki. “We have now virtually achieved that, with manual lifting happening only in absolute emergencies”.

### Quality of life

Systems have been installed in most of the students’ private rooms, bathrooms, toilets and changing areas at the college, and in the hydrotherapy pool area. As a result staff can provide all the care and support their students need without being tempted into trying to manually lift them.

This, along with continuous education in ergonomics and lifting, is an essential part of a no-lift environment.

Nikki advises, “We are now investing in even more Liko equipment, and we plan to have lifts installed in all the classrooms and three quarters of our living units by the end of the year.”

“For the students”, Nikki concludes, “the use of Liko equipment has resulted in increased mobility and greater access to areas such as lounges, and as a result they are able to take part in a wider variety of activities.”

### Flexible solutions

Liko’s overhead lifts systems are easy to install and to use. The flexibility of the system makes it a good choice for an environment like Hinwick Hall, where a bespoke solution is required. The system can be designed to work in

different types of area (bedrooms, toilets, stairs, pool-rooms, halls, classrooms) as well as around the difficult nooks and crannies found in an older building. The connection between different rooms (for example, between bedroom and bathroom) is easily achieved.



Somerset, Avon & Gloucestershire Back Exchange Group, Heather Kirton, Deputy Clinical Risk Manager, Southmead Hospital, Bristol, became interested in the newly developed RepoSheet.

Together with Simon Smith, Liko representative for the South West, and former Back Care Adviser at Bath, Heather set up the framework to carry out a Clinical Evaluation.

Three patients from the ITU Ward were chosen for the study and ward staff were trained on the correct usage of RepoSheets supplied by Liko. Results of the month long study were quite astonishing:

- The traditional 'hands-on' method of rolling with bed-sheets required an average 3-4 members of staff, but this reduced to 2-3 using the RepoSheet.
- The traditional method of moving patients up the bed using sliding aids required an average 3 members of staff, but this reduced to 2 using the RepoSheet.
- The staff involved reported that, not only were fewer staff needed, but also less effort was required when using the RepoSheet.

Although the RepoSheet stayed under the patients at all times, there were no adverse effects noted in relation to tissue viability.

A movie clip showing the full use and benefits of the RepoSheet is available from Liko.

Watch it online at [www.liko.com](http://www.liko.com) or request a CD from [info@liko.co.uk](mailto:info@liko.co.uk).



## Effective and Comfortable Solutions

A recent study in the UK has shown that when using the Stat RepoSheet Original™ to turn or reposition a patient higher in bed, at least one less member of staff is required compared to using traditional manual methods. As well as being more comfortable for the patient, this method also requires less effort from the carer.

Lifting and repositioning patients is one of the most common bedside procedures in care situations. We also know that it causes many occupational injuries.

Liko's repositioning sheet, the RepoSheet Original, is an excellent aid when a patient has to be moved higher up or turned in bed.

The sheet is bedded under the patient and can function as a normal bed sheet during the entire care period. Carers are then able, with the help of a patient lift, to simply lift and turn the patient with minimal effort.

Following a visit to Liko's demonstration room last summer with the



## Investing in Tomorrow

Over the last 18 months Liko have worked with the Plymouth Hospitals NHS Trust in the development of an exciting new programme in the South West of the country. The Trust's vision is to provide the people of Plymouth and the surrounding area with health services that are the envy of the rest of the country. The Trust and the local health community, through the Vanguard Health programme, are investing in new facilities and services to vastly improve the care given to patients and the environment in which that care is offered.

The first development under the Vanguard Health programme sees the creation of two new buildings, known as The Plateau Project.

The main Plateau building will house the new South West Cardiothoracic Centre which will provide all cardiothoracic surgery and cardiology services for health patients.

It is here that Liko are currently installing approximately 100 ceiling mounted lifts, including a number of Bariatric systems. In line with the demands of the Ergonomics Advisory Team, the majority are traverse systems ("H-systems"), offering total room coverage to best assist the Moving & Handling policy.

"It is the important attention to detail that Liko apply that makes the difference", says Ergonomics Adviser Val Noble.

"Knowing from the start and through the design and installation phases that the Liko systems will offer carers and patients the best and most practical functionality is reassuring and motivating to all involved in the process".

The Plateau building will also provide a shell for a new general critical care unit, an expanded library, a Clinical Research Centre, and seminar and training rooms for the Peninsula Medical School.

The smaller building to the west of the hospital contains two additional

cardiac theatres and is now complete.

Construction on the main Plateau building is well under way and it is hoped both buildings will be brought into service later this year.

### What will this mean to patients and staff?

- Purpose built facilities with dedicated front entrance and courtyard garden
- More space around each bed
- More quiet rooms to allow relatives and doctors to talk in private
- Improved staff facilities
- All beds to have access to Likorall ceiling mounted lifts
- 'State of the art' infection control rooms provided.

# Product News

## RollOn – new active support for raising

**RIGHT WHERE YOU BELONG.** The new Liko RollOn is more than just a safe and practical standing support; it can even play an important role in rehabilitation or function as an occasional transfer and balance support in different care situations.

The RollOn contributes to active sit-to-stand training without straining the caregiver and can also be a good alternative to a wheelchair in situations where patients risk injuring themselves or a caregiver; for example, after an operation or even after childbirth; anytime, in fact, when balance isn't what it should be.

Like many other Liko products, the RollOn is made of aluminium and is therefore very easy to manoeuvre and easy to keep clean. Thanks to the surrounding Seat Frame, the patient can stand with good stability in all directions. **Max. load: 160 kg (25 stone)**



The supporting Seat Frame provides stability and security in all directions.



The Rear Supports are easily locked for absolute safety or folded up and to the side.



The Lower-leg Support automatically angles to meet the patients legs. Easily adjustable.



The base fits different chairs, beds or wheelchairs. The Foot Plate is easily removed and cleaned.

## VIKING S



### Small but strong

Viking S is a compact, versatile mobile lift that performs superbly in relation to its small size and low overall weight – perfect for care settings with limited floor space. Viking S is appropriate for all common lifting situations; e.g., transfers between bed and wheelchair, to and from the toilet and bathtub or for lifting someone who has fallen to the floor. Viking S weighs only 25 kg (4 stone) but can lift patients up to 160 kg (25 stone) – an unbeatable feat for a lift this size.

## VIKING XS



### For tight spaces

A mere 54 cm (21 inch) wide, Viking XS is one of the narrowest lifts on the market and it passes easily through narrow doorways. Viking XS is a stable and reliable mobile lift that is ideal in most common lifting situations; e.g., to and from the toilet, between bed and wheelchair, or for lifting from the floor. Like all Viking lifts, XS is made of aluminium, and despite a lifting capacity of 160 kg (25 stone), it weighs only 25 kg (4 stone). Aluminium is strong, environmentally friendly and easy to keep clean.

# Lifting Accessories

## New Teddy Slings for children

Children are not miniature adults. Lifting children requires extra care and specially adapted accessories. Over the years, we have developed a full range of specially adapted accessories for lifting children. Now, we've added an important feature – children's slings with a teddy bear motif. In addition to the world's most complete range of slings, we now have the most play-friendly slings for playful children.

"Teddy Slings" are available in 10 models and different sizes for toddlers and small children. Contact us for more information on the entire children's range, or read more at [www.liko.com](http://www.liko.com).

## Easily recognised sizes

To enable quick identification of sling size, we are successively introducing a long, colour-coded strip that is sewn along the centre line of the back of the sling.

The colour code is indicated on mobile lifts and can also be found at [www.liko.com](http://www.liko.com).

With our new labelling machine, we are now able to print informative, highly durable labels that withstand plenty of laundering and wear. The labels are folded and sewn to the sling under the strap, so there is no risk of them coming loose.



## What is the correct maximum load?

More and more often, patient lifts and lifting accessories, slingbars, slings, etc., have different maximum load ratings. For example, a lift's maximum load may be 200 kg, while the slingbar and sling are marked for a maximum load of 300 kg.

For the assembled lift system, including accessories, the maximum load is the lowest maximum load rating of any of the components. In this example, the lift must not be loaded with more than 200 kg (accessories and patient included).

## Upgraded maximum loads for Liko's slings

It's a fact that people are getting heavier, which is why Liko has developed lifts for lifting up to 500 kg (78 stone). Since, as we usually say, "the sling is half the lift", this also has consequences for the accessories. We have introduced three max. load ratings for our accessories: 200, 300 and 500 kg.

All products have been tested according to standard requirements and have been approved for their respective maximum loads.

Remember that maximum load and what may be the appropriate size of sling for an individual patient differ. Our recommendations for appropriate sizes are indicated on the last page of the sling's instruction guide.

Instruction guides can be downloaded at [www.liko.com](http://www.liko.com).

## Paddy protects sensitive heads

As an accessory for our new aluminium slingbars, the slingbar cover Paddy is now available. The cover is easily mounted with a Velcro fastener and is available in two sizes to fit different slingbars.

Paddy is ideal for patients who risk hitting their heads on the slingbar due to involuntary movement. In addition, Paddy also comes in an attractive green that matches the sling.



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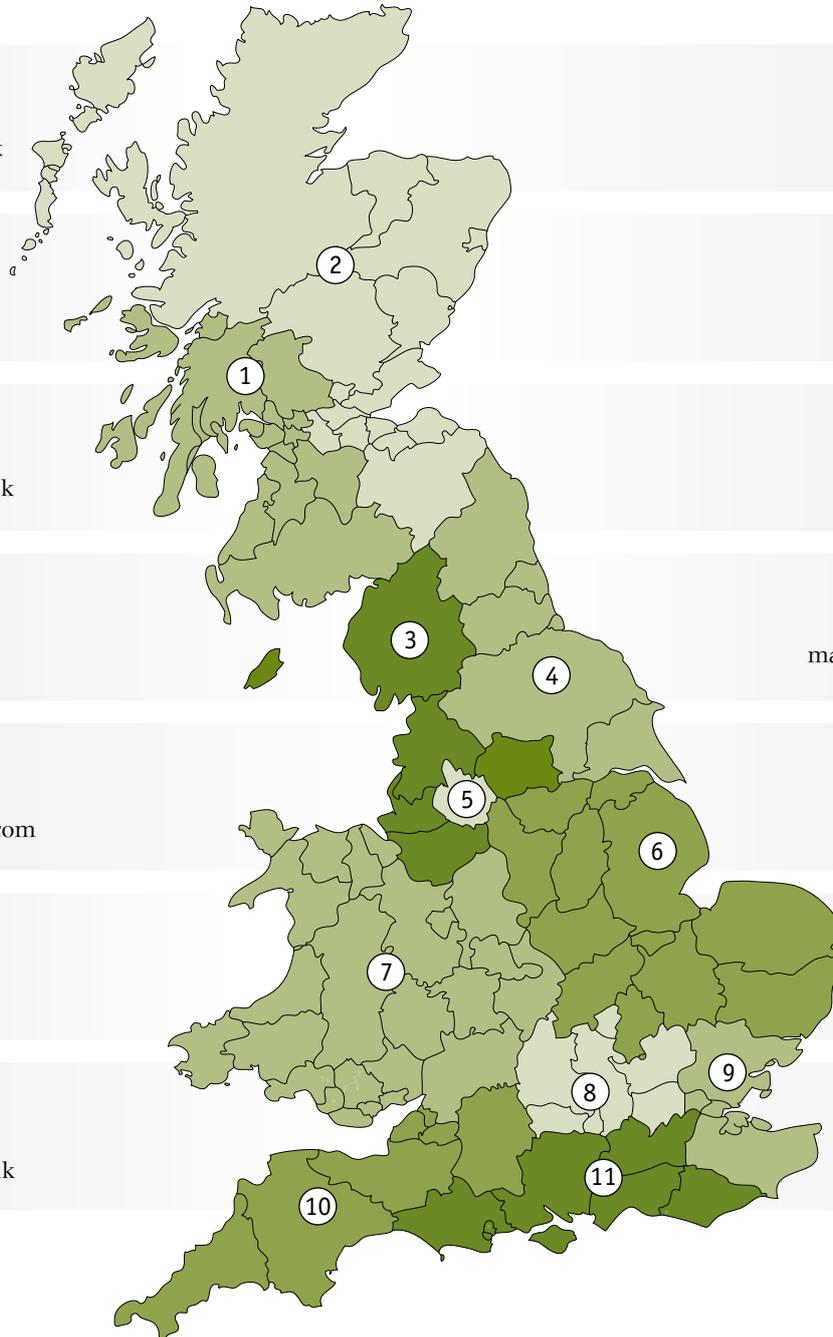
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Lifts with care



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