

# Developing a Standard Operating Procedure for Specialist Seating for Inpatient Services at Royal Cornhill Hospital

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## Background

- Individuals with long term health conditions can experience a variety of symptoms which may result in an individual spending a significant amount of time sitting, sometimes with a diminished ability to re-position themselves independently to maintain a good posture. This can have a significant impact on an individual's quality of life as it could lead to developing secondary physical health complications and impact on an individual's mood and function
- Good postural care for individuals with movement disorders is of paramount importance to a sense of wellbeing and overall quality of life. Effective postural support promotes longevity and is also a key preventative measure to avoid painful complications often associated with issues of body shape (NES, 2021)
- Appropriate chairs (see Diagram 1) should be available to help prevent some of these secondary physical health complications from developing and may be key in facilitating a return of function to an individual (see Diagram 2)

## Aims

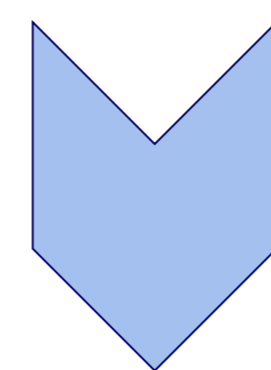
- The aim of this project was to develop a standard operating procedure (SOP) to describe how the needs of inpatients in Royal Cornhill Hospital can be met using specialist seating.



The overall visions for the SOP were that it:

- Provides a clear process and equitable service across all inpatient cohorts/wards in RCH to improve patient care
- Promotes timely assessment for and provision of specialist seating
- Provides a clear process for the procurement repair and maintenance of specialist seating
- Outlines the roles and responsibilities of key staff and reduce duplication of tasks

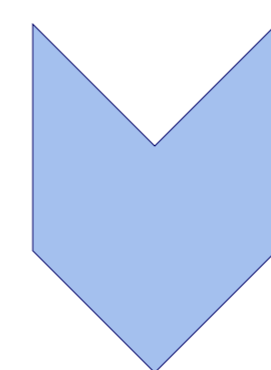
## Method



- A lead for the project group was identified and representation from key members of the multidisciplinary team were sought



- The group initially consisted of Allied Health Professions (AHP), Physiotherapists and Occupational Therapists who met monthly to develop the SOP



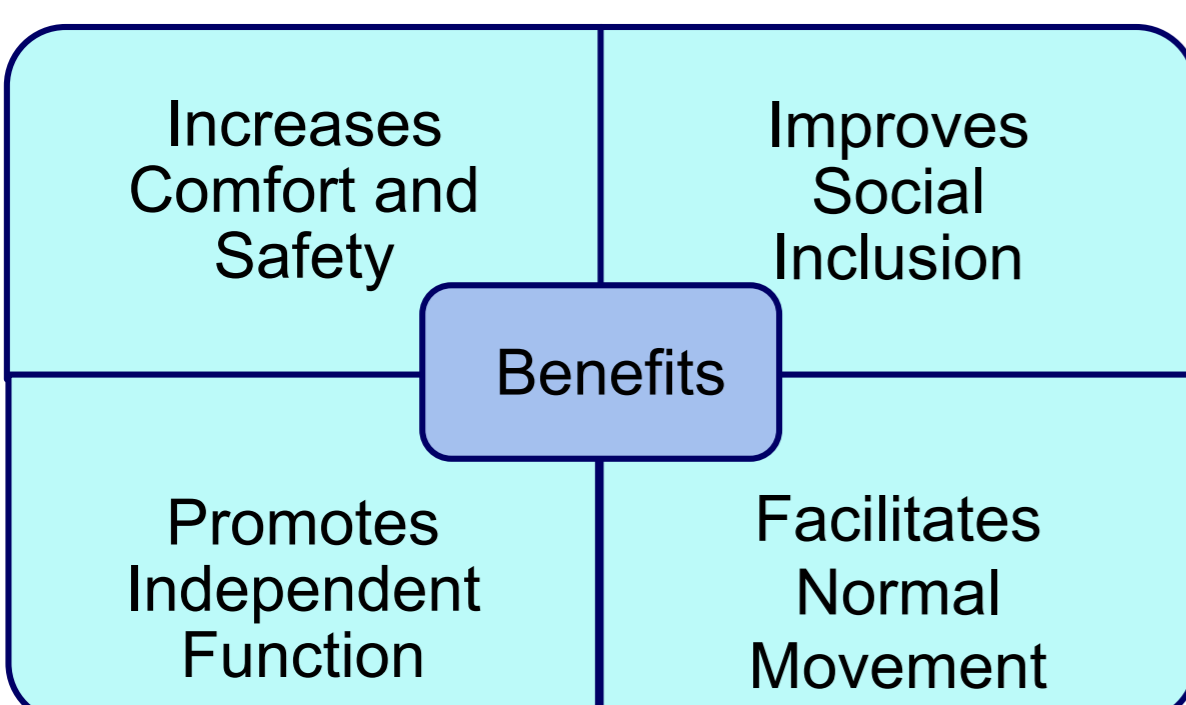
- Business/Support Management and Quality Improvement/Assurance colleagues contributed to the development of the document

## Specialist Chairs vs Standard Ward Chairs



Diagram 1

## Benefits of Good Posture Care



- Pain relief
- Falls prevention
- Aids feeding/drinking
- Aids relaxation
- Help maintain current function/mobility
- Prevent contractures

Diagram 2

## Results

- A final draft of the SOP has been completed and is currently out for consultation with nursing colleagues

### The SOP includes:

- A redesign of assessment paperwork for AHP staff
- A referral pathway for referring to an AHP for a specialist seating assessment
- A pathway related to infection prevention & control
- A pathway for repairs and procurement

- A storage area was identified and is now in use within the hospital in order to store and track specialist chairs

## Next Steps

- Embed finalised SOP within current practice for AHPs
- Dissemination and awareness raising of the document to the MDT for inpatient wards in RCH

**Reference:** NHS Education or Scotland, 2021. Your Posture Matters - a strategic approach to taking care of it together.[online] Available from: <https://www.nes.scot.nhs.uk/>