

# Vertica clinic



Clinic | Care | Homecare | Assist



Early  
mobilisation  
in the hospital bed





## Contents



06 Mobilisation



08 Beneficial effects  
of early mobilisation



10 Sitting position –  
participating in  
everyday life again



12 Support with  
daily hospital routines



14 Comfort in the  
premium care unit



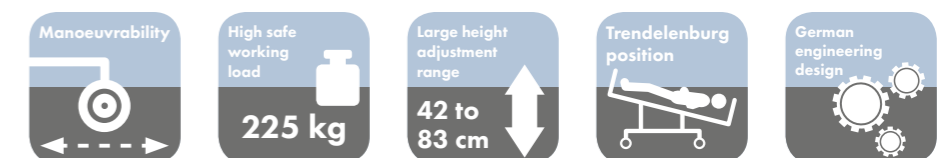
16 Mobilisation  
features



17 Accessories



20 Technical data



## Mobilisation

One factor is particularly important for successful recovery: The patient must **sit and stand up** again as early as possible. Bed rest can sap the body's strength. For every day that a patient spends in bed, it takes 3 days of exercise and training to regain the former energy level. The Vertica clinic from Stieglmeyer is a mobilisation bed that provides ideal support for patients and nursing staff.

Being bedridden often goes hand in hand with a fear of falls and painful movements. The Vertica clinic dispels these worries by imitating the natural flowing movements of the body and bringing patients gradually into an upright sitting position. This boosts confidence and encourages the patient to stand up and venture the first few steps. It also makes it much easier for patients to transfer from the bed to a transport chair or wheelchair.

The Vertica clinic is equally ideal for relieving the strain on nursing staff. It is no longer necessary to strenuously mobilise the patient over the side of the bed, and back and joint strain can now be prevented. **The quality of life and motivation** of everyone concerned in the daily hospital routine are considerably enhanced. Hospitals also benefit financially from this improvement, since the cost of absences from

work and staff treatment are dispensed with from the outset.

As a result, many patients have a reduced length of stay, which enhances the hospital's reputation and attracts new patients. The Vertica clinic provides so many benefits that it **pays for itself** in next to no time.



## Beneficial effects of early mobilisation

The beneficial impact of early mobilisation has been scientifically proven in numerous trials. Patients can often be discharged earlier and also enjoy **better long-term health** if they have been mobilised during their stay in the hospital's intensive or normal care unit.

The reduction in patients' length of stay is considerable. In a trial by Peter E. Morris and colleagues, mobi-

lised subjects were discharged from the intensive care unit almost **one and a half days earlier** than the non-mobilised comparison group (5.5 days compared to 6.9 days). Overall, their hospital stay was reduced by more than 3 days (11.2 compared to 14.5 days).

Further trials show that the use of **sedatives and painkillers** can be significantly **reduced** by early

mobilisation. Dale M. Needham and colleagues found that the dosage of benzodiazepines and morphines fell by up to two-thirds through increased mobilisation and higher quality of care in the intensive care unit.

These beneficial effects add up to a considerably improved quality of life. They help hospitals to **relieve**

**the pressure on their budget.** If a day spent in intensive care is costed at a mere € 1,200, the price of purchasing a Vertica clinic can potentially be saved after only 2 or 3 patients.

### Advantages at a glance

- Improved state of patients' health
- Fewer sedatives and painkillers
- Shorter length of stay
- Cost-savings for the hospital



A proper  
sitting  
position

## Sitting position – participating in everyday life again

The beneficial ergonomic sitting position afforded by the Vertica clinic significantly outstrips the possibilities offered by conventional hospital beds. The ability to adjust both the backrest and the lower leg rest to a virtually genuine **90 degree** sitting position offers numerous health benefits and allows patients to engage with others at eye level again during everyday life.

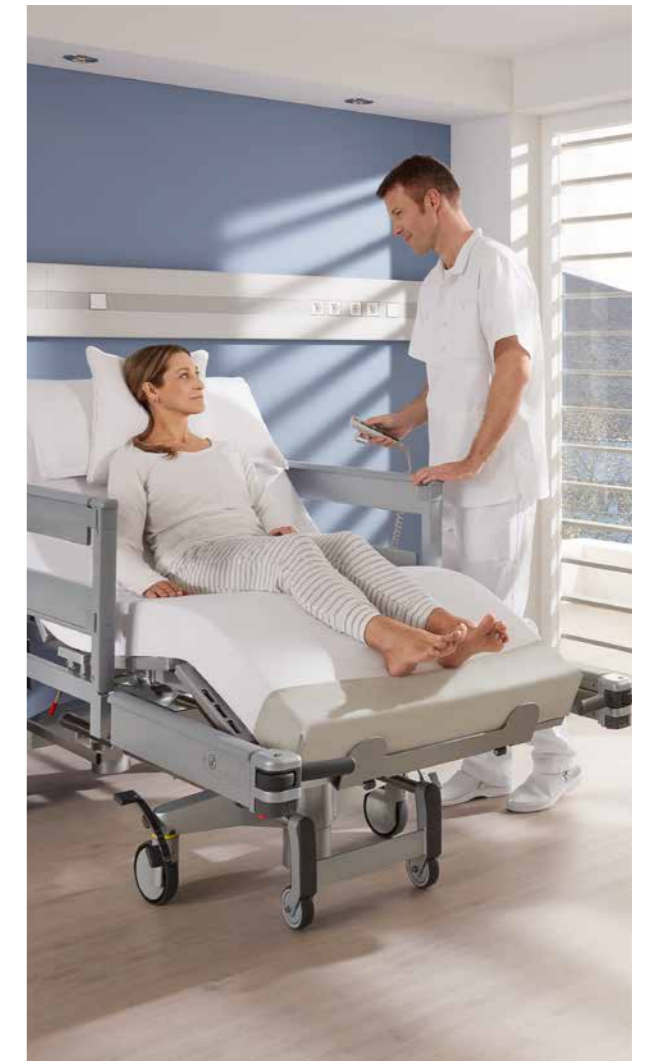
Eating and drinking are considerably easier in an upright position. It also lessens aspiration and the associated risk of contracting pneumonia. By sitting up to eat meals and talk to other people the patient regains a feeling of **self-reliance and equality**. This also increases the patient's psychological well-being.

The Vertica clinic promotes a healthy posture. Patients sit on their ischium instead of resting their weight on their tailbone in a semi-recumbent position. This **prevents pain** and effectively **eliminates the risk of pressure ulcers** forming. The upright sitting position activates the red muscles that are used for stabilising the body. Since there is no strain put on the white muscles, these muscles can be freely used.

Rather than tensing up, the patient is able to **move freely**, such as while eating and reading. The patient is encouraged to engage in physical activity. Even patients in a persistent vegetative state or with spinal paralysis benefit from the familiar natural movement of the bed.



Space-saving mobilisation



## Relieving the strain on nursing staff fosters motivation in the daily care routine

The Vertica clinic considerably **reduces the physical strain** on nursing staff and frees up time for other things, such as talking to patients. Even experienced nursing staff can reach their limits when it comes to mobilising heavy persons to sit up on the side of the bed. In the long-term, this can lead to back injury, illness-related absences and high treatment costs. The Vertica clinic solves these problems. The sitting up pro-

cess is completely taken care of by the bed. Brief help from a nurse is only needed when it comes to standing up or transferring the patient to a transport chair. Mobilisation using the foot end of the bed **also saves room** in confined spaces. The Vertica clinic can also be used as a conventional hospital bed.

The sitting and standing up function of the bed is activated with **a single touch of a button** on a **carer control unit**. This leaves nurses more time to devote to the patient in the hectic daily hospital routine. It also prevents the patient from inadvertently activating the standing up procedure on the patient handset used for making normal adjustments. These functions include the wide height adjustment range of the bed

from about 42 to 83 centimetres. This allows staff to work at an ergonomic waist level.

The Vertica clinic not only mobilises the patient but is extremely agile due to its shorter wheelbase, which makes it effortless to manoeuvre into position in even the smallest of spaces.

### Advantages at a glance

- No second person needed to sit the patient up
- Back-friendly working
- Easy to operate
- Space-saving mobilisation using the foot end of the bed



Contact at  
eye level



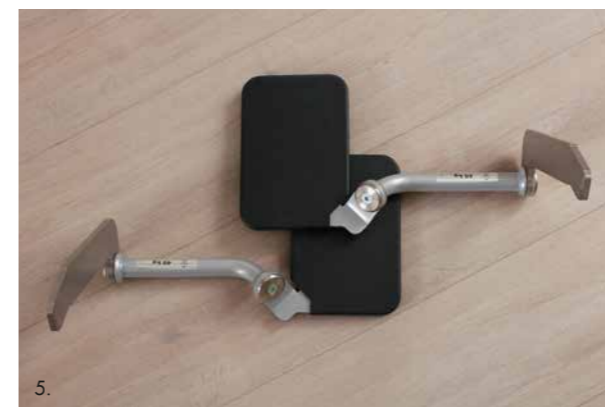
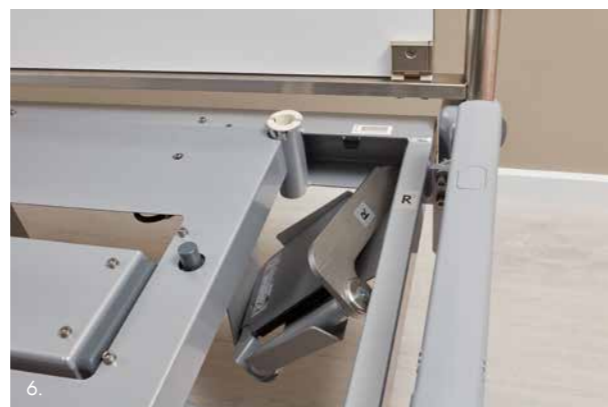
## Comfort in the premium care unit

The Vertica clinic stands for high comfort and a perceptible improvement in the quality of life. These strengths are also appreciable in premium care units. The upright sitting position allows patients to quickly experience **the enjoyable sides of life** that they are accustomed to. When the footboard is used as a

tray, the Vertica clinic is transformed in next to no time into a convenient **place to eat, relax and work**. Surfing the internet on a laptop, enjoying watching television or engaging with visitors at eye level are pleasures that foster recovery.

The large selection of **colours and wooden decors** allows the Vertica clinic to adapt to a wide range of furnishing styles. The spectrum ranges from dark to light-coloured wood tones, and from calming blue and grey to cheerful golden yellow. The bed's stylish contemporary look enhances any room. Hospi-

tals benefit from this **increased attractiveness** by discharging satisfied patients who attract more and more people to the hospital through their recommendation.



## Mobilisation features

Adjusting the Vertica clinic to a sitting position requires only the touch of a button on a **carer control unit** (image 1). The main handset with its **intuitively comprehensible pictograms** can be used even by patients with reduced capabilities to carry out normal adjustments to the bed (image 2). The raisable mobilisation supports have **practical handles that can be pivoted** (image 3). They provide support for the patient when standing up. Optional side support

cushions provide extra stability in the sitting position (image 4). The optional **footrests** activate the proprioceptors in patients' muscles and joints and give them reliable feedback on their location within the room. The footrests are easy to attach and can be stowed away under the backrest (images 5 and 6).

## Accessories and equipment details

With high-quality accessories from Stiegmeyer, the Vertica clinic can be adapted even more closely to individual requirements. Tall patients enjoy the extra 15 cm of space afforded by the **bed extension** with its perfectly sized mattress piece (image 1). The mattress is precisely tailored to the mattress base adjustment options and is designed to prevent pressure ulcers (image 2). The **footboard**, which also serves as a foldable table and linen holder, can

be adjusted in a few easy steps (images 3 and 4). **Footrests** promote mobilisation by providing the patient with additional support and a comfortable and secure feeling when sitting up (image 5). It is also possible to equip the Vertica clinic with **standard sliding rails** under the backrest and at the head end. They provide ample room for supply accessories (image 6).

# Technical data

Dimensions and weights	Vertica clinic
External dimensions	103.8 x 214.2 cm
Mattress base (mattress dimensions)	87 x 200 cm
Mattress base division (BR/seat section/TR/LR)	83.3/20.6/43.5/49.3 cm
Length compensation for backrest (will be reduced again for sitting and standing position)	approx. 10 cm
Safe working load	225 kg
Maximum lifting capacity	250 kg
Maximum patient weight	185 – 210 kg
Ground clearance	approx. 16.5 cm
Total weight	approx. 175 kg
Protective height of safety sides	approx. 41.5 cm
Adjustment options	
Tilting to Trendelenburg position	approx. 16°
Tilting to reverse-Trendelenburg position	approx. 16°
Mattress base height	approx. 42.5 – 83 cm
Motorised height adjustment	approx. 30 sec. to approx. 70°
Backrest angle	to approx. 85° in the stand-up function, including emergency release on both sides
Thigh rest angle	to approx. 30°
Raised straight leg position	to angle of approx. 15°

## Mattress base

- PP hygiene mattress base
- Bed extension 15 cm

## Fastening possibilities for supply accessories

- Supply rail with sliding adaptor sleeves
- Two internal sleeves for patient lifting poles and/or infusion stand at head end

## Headboard and footboards

- Fully removable
- Available in a range of colours and decors

## Materials

- Chassis and mattress base frame: Die-cast aluminium and welded steel structure with durable polyester powder coating
- Headboard/footboard panels: HPL panels
- Mattress base: Steel, PP plastic (polypropylene)

## Protection from damage

- 4 wall deflection rollers
- Brake signal
- Edge protection integrated into the safety sides

## Electromotive equipment

- Fully electric
- Battery (not with sit-up and stand-up function)
  - Use of a powerful toroid transformer
  - Low power consumption
  - High power capacities
  - Low standby power consumption
  - Low electromagnetic pollution
- 5-fold protection against overloading and overheating
- High-quality EPR power cable
- Handset cable in high PU quality
- Durable battery pack with charge indicator

## Accessories

- Footrests
- Specially-designed mattress with cut-out sections
- Side support cushions for stabilisation and as armrests
- Extension piece including mattress piece for extending the mattress base

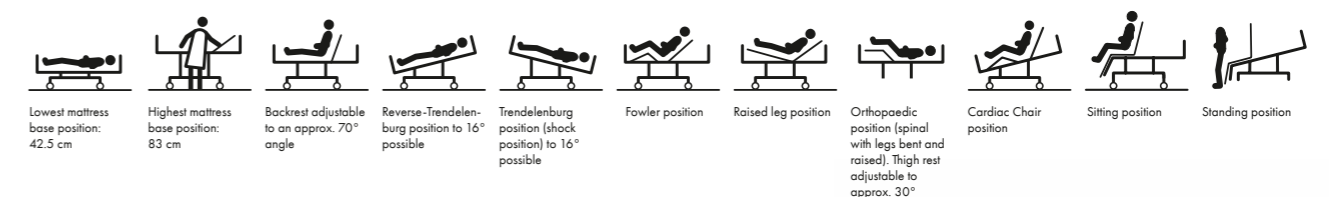
# Equipment and options

	Vertica clinic	
Safety sides	MultiFlex, 2/3	●
Headboard and footboard	Head and footboards, decor selection from Stiegelmeier home collection for Clinic + Care	●
	Footboard can serve as a table	●
Base colours	Argentum	●
Mattress bases	Hygiene mattress base for belt system	●
Wall deflection rollers	4 standard, circumferential	●
	Integral castor, Ø 150 mm	●
Castors	Double castor, Ø 150 mm*	○
	1 castor (directional wheel)	●
Conductive castor coating	2 castors (including directional wheel)	○
	4 castors	○
Brake pedal	Plastic pedal	○
	Cast iron pedal	●
Control units	Handset with locking function	●
	Vertica handset	●
Electronic features	Under bed light	○
	Brake signal	●
	Foot pedal	○
Further equipment	Standard sliding rail along backrest	○
	Standard sliding rail at head end	○
	Standard sliding rail at head end + under backrest	○
	Parking position for footrest (14 cm)	●
	Control unit cover	●

\*Steinco double castor only available with plastic brake pedal

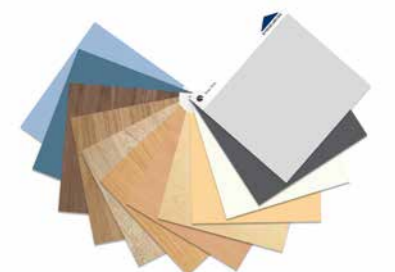
● = standard ○ = optional

# Dimensions and adjustment ranges



# Decors

A range of 12 attractive colours and wooden decors is available for adding a personal touch to the Vertica clinic mobilisation bed. We would be pleased to advise you.



Ihr Bett – unsere Leidenschaft  
Your bed – our passion

**Finland / Suomi**

Stiegelmeyer Oy  
Ahjokatu 4 A  
15800 Lahti  
Phone +358 (0) 3 7536 - 320  
Fax +358 (0) 3 7536 - 330  
E-Mail [stiegelmeyer@stiegelmeyer.fi](mailto:stiegelmeyer@stiegelmeyer.fi)  
[finland.stiegelmeyer.com](http://finland.stiegelmeyer.com)

**Netherlands / Nederland**

Stiegelmeyer BV  
Peppelenbos 7  
6662 WB Elst  
Phone +31 (0) 345 581 - 881  
E-Mail [info@stiegelmeyer.nl](mailto:info@stiegelmeyer.nl)  
[netherlands.stiegelmeyer.com](http://netherlands.stiegelmeyer.com)

**Poland / Polska**

Stiegelmeyer Sp. z o.o.  
86-212 Stolno, Grubno 63  
Phone +48 56 6771 - 400  
Fax +48 56 6771 - 410  
E-Mail [info.stolno@stiegelmeyer.pl](mailto:info.stolno@stiegelmeyer.pl)  
[poland.stiegelmeyer.com](http://poland.stiegelmeyer.com)

**France**

Stiegelmeyer SAS  
Bâtiment B  
27 chemin des Peupliers  
69572 Dardilly  
Phone +33 (0) 4 7238 - 5336  
Fax +33 (0) 4 7238 - 5481  
E-Mail [contact@stiegelmeyer.fr](mailto:contact@stiegelmeyer.fr)  
[france.stiegelmeyer.com](http://france.stiegelmeyer.com)

**South Africa**

Stiegelmeyer Africa (PTY) Ltd  
The Estuaries, Century City, Cape Town, 7441  
Phone +27 (0) 21 555 - 1415  
Fax +27 (0) 21 555 - 0639  
E-Mail [info.southafrica@stiegelmeyer.com](mailto:info.southafrica@stiegelmeyer.com)  
[south-africa.stiegelmeyer.com](http://south-africa.stiegelmeyer.com)

**Stiegelmeyer GmbH & Co. KG**

Ackerstraße 42, 32051 Herford, Germany  
Phone +49 (0) 5221 185 - 0  
Fax +49 (0) 5221 185 - 252  
E-Mail [info@stiegelmeyer.com](mailto:info@stiegelmeyer.com)  
[www.stiegelmeyer.com](http://www.stiegelmeyer.com)

  
**STIEGELMEYER**

Finden Sie Ihren Händler auf unserer Webseite:  
Find your local partner at our website:  
[stiegelmeyer.com/partner](http://stiegelmeyer.com/partner)

Technische Änderungen vorbehalten. Leichte Farbabweichungen der Originale sind drucktechnisch bedingt. Stand 04/2018. Version 4A. Artikel-Nr. 600552.  
Subject to technical changes without notice. The shown product colours may differ slightly from the actual product. Last updated: 04/2018. Version 4A. Item no. 600552.