

Thinking outside of the box

Utilising non-pharmaceutical measures for improved pain management, dignity and care at end-of-life



medstrom⁺

Improved Patient Outcomes

Introducing

Samantha Sanders

Hello, I'm Samantha Sanders, Clinical Account Manager at Medstrom.

Before joining Medstrom, I worked as a Registered General Nurse (RGN) specialising in palliative care and oncology.

My roles included Palliative Care Clinical Nurse Specialist and Lead Acute Oncology Nurse, giving me first-hand experience with the challenges of delivering end-of-life and palliative care.

Since transitioning to Medstrom and expanding my knowledge of specialist equipment, I often find myself wishing I had known about some of these solutions earlier in my career.



Now, in my current role, I continue to work closely with patients and have seen the profound impact that non-pharmaceutical interventions can have on care.

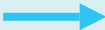
This has fuelled my passion for raising awareness within hospice and end-of-life care.

At Medstrom, we're available 24/7, 365 days a year to offer advice and support. My colleagues and I all come from nursing backgrounds and are here to help guide you in selecting the right equipment for complex patient care.

UK 0345 371 1717
info@medstrom.co.uk

EIRE 01 686 9487
info@medstrom.ie

Scan to hear me discuss a real patient where equipment made a huge difference to their care.



I strongly encourage you to explore the information in this booklet, as the right equipment can bring significant benefits to your environment, including:



Pain management



Enhanced dignity



Increased caregiver efficiency



Improved overall quality of life

Accessing Dolphin Therapy, Fluid Immersion Simulation

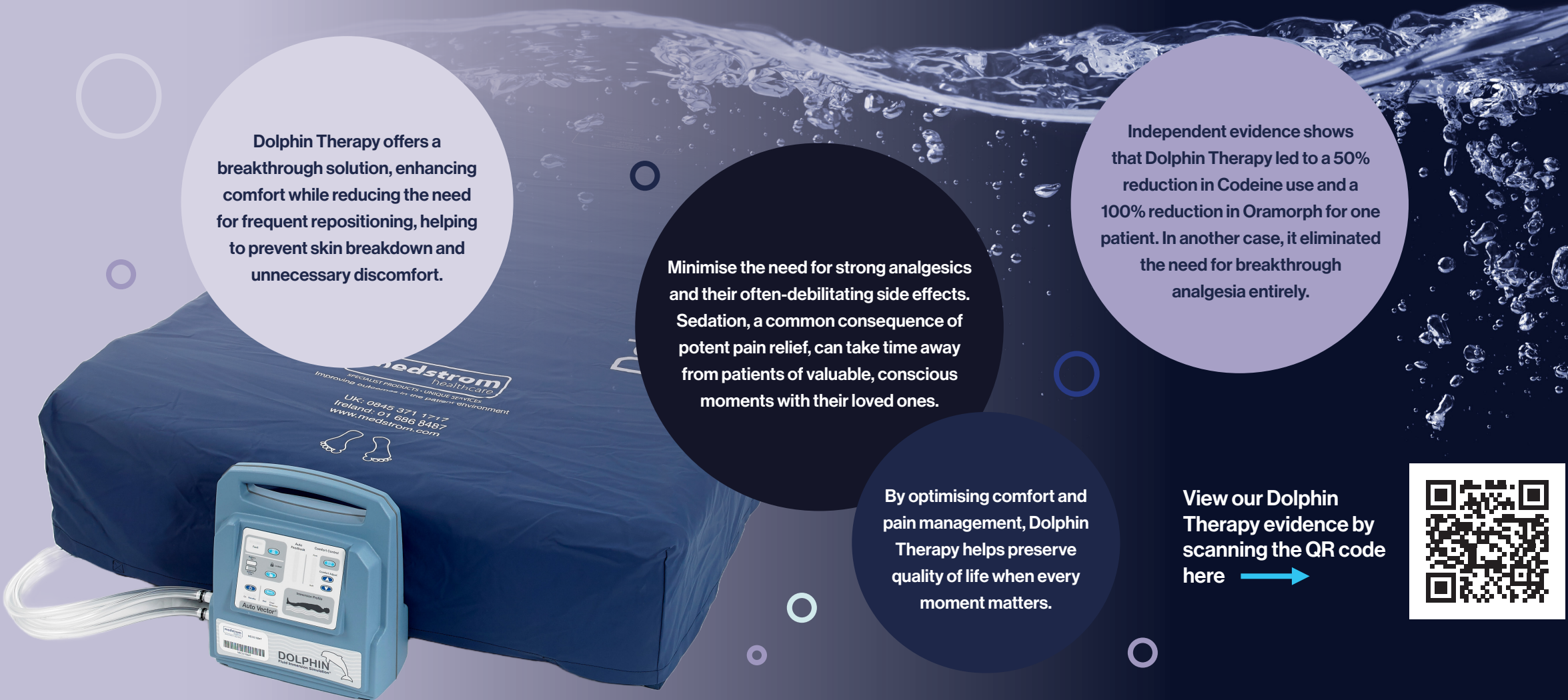
Dolphin Therapy is more than just a mattress. It's an advanced therapy system rooted in technology originally developed by the US Navy.

Using fluid immersion simulation, it provides the highest level of immersion and envelopment, mimicking buoyancy to reduce pressure and prevent tissue ischemia, even when wounds are in direct contact with the surface.

For patients receiving end-of-life care, having a support surface that prevents skin breakdown and aids in healing is essential. In acute care, Dolphin Therapy is often rented as the only viable “step up” option from a traditional air mattress, particularly for complex patients with multiple comorbidities who cannot be repositioned.

But did you know that Dolphin Therapy has also been proven to enhance pain management, comfort, and sleep?

These benefits can make a significant difference in the quality of care and overall well-being of patients at the end of life.




Dolphin Therapy offers a breakthrough solution, enhancing comfort while reducing the need for frequent repositioning, helping to prevent skin breakdown and unnecessary discomfort.

Minimise the need for strong analgesics and their often-debilitating side effects. Sedation, a common consequence of potent pain relief, can take time away from patients of valuable, conscious moments with their loved ones.

By optimising comfort and pain management, Dolphin Therapy helps preserve quality of life when every moment matters.

Independent evidence shows that Dolphin Therapy led to a 50% reduction in Codeine use and a 100% reduction in Oramorph for one patient. In another case, it eliminated the need for breakthrough analgesia entirely.

View our Dolphin Therapy evidence by scanning the QR code here →



Frequent turning and repositioning can cause significant pain and distress, especially for patients with fragile skin or advanced conditions. **In a study of over 6,000 patients, Dolphin Therapy was shown to:**



Improve comfort and sleep in over 99% of patients who had this as a set objective, promoting deeper, more peaceful rest.



Reduce the need for turning in 98% of patients who required minimal repositioning, easing strain on both patients and caregivers.¹

Specialist combinations to unlock superior care



Cuddle Solution

Reassurance +

Reduced Loneliness +

Reduced Anxiety +

Dolphin Therapy can be rented on its own, or with a choice of specialist beds.

Cuddle Solution

In end-of-life care, the ability to share a hospital bed with a loved one offers profound emotional and psychological benefits. Physical closeness fosters comfort, security, and connection, allowing patients and their partners, relatives, or children to experience meaningful moments together without barriers.²

The warmth of touch, shared presence, and ability to hold hands or rest beside each other can provide immense reassurance, reducing feelings of loneliness and anxiety.

For many, these final days are about treasuring every moment, and being able to share a bed ensures that love and companionship remain at the heart of care, offering solace not just to the patient, but to their loved ones as well.

Dolphin Therapy is available in an extra-wide size, and this coupled with the Bari10A extra-wide bed that is width and length extendable, delivers a 'cuddle bed' solution.

Hands Off Care Solution

Manual repositioning can be a distressing experience for patients receiving end-of-life care, often causing unnecessary discomfort, pain, and disrupted rest.³

Frequent turning, especially overnight, can startle and disorient patients, interrupting much-needed sleep and moments of peace.

For loved ones observing, witnessing these disturbances can be heartbreaking, as they want nothing more than for the patient to be comfortable and undisturbed. The emotional toll of seeing a relative in distress such as grimacing, wincing, or becoming agitated can make an already difficult time even more challenging.⁴

Minimising caregivers repositioning preserves the patient's dignity and comfort, plus allows families to share quiet, undisturbed moments together. Making every remaining second as peaceful as possible.

Dolphin Therapy is available with a lateral turning bed, which provides 'hands off' repositioning for a patient with the touch of a button.



Hands Off Care Solution

Introducing ECO

Bed baths play a vital role in end-of-life care, helping to maintain a patient’s dignity and comfort while offering a final act of care and compassion.

However, traditional methods can often leave patients feeling exposed, vulnerable, and lacking autonomy, as they rely entirely on others for something so personal⁵

Additionally, standard bed baths may not provide a truly thorough cleanse, leaving patients feeling less refreshed.

For many families, assisting with or being present during a loved one’s bed bath is a meaningful way to show love and provide comfort in their final moments.

Ensuring that this process is as gentle, dignified, and respectful as possible not only benefits the patient but also allows relatives to play an active role in their care, creating a deeply personal and cherished connection.

A new alternative...



Providing a constant supply of warm water and a soothing sensation, ECO portable patient shower enables comfort, dignified washing of the full body, including hair.



Family members can use ECO to support with gestures of care in the final stages of their loved one’s life, creating lasting memories that go beyond the clinical setting.



Innovative hydro-molecular technology aids the removal of stains and organic matter with no need for scrubbing, protecting fragile skin.

Watch the revolutionary ECO in action here



Why rent with Medstrom?

Medstrom is one of the largest rental providers of hospital equipment in the UK and Ireland.

Our unrivalled service infrastructure and rental experience means we can offer a quick turnaround with fast delivery, even on weekends, out-of-hours and on bank holidays.

Opting for rental offers both greater choice, ensuring patients receive the right product at the right time for them, and flexibility, for a financial benefit. Every single rental is supported with training and clinical guidance from the Medstrom team — including our RGN-qualified Clinical Advisors — for improved patient outcomes and peace of mind.



Specialist rental financial packages

We understand that hospices operate within tight financial budgets, balancing the need to provide the highest quality care with limited resources. Every decision must be carefully considered to ensure the best outcomes for patients while making the most of available funding.

We recognise these challenges and are here to support hospices in finding cost-effective, practical solutions that truly make a difference in end-of-life care.

Speak to our friendly team about packages of specialist rental days, giving you the freedom yet stability to rent in equipment as and when you need it, at the best available price.

You're invited to the **medstrom** ACADEMY

At Medstrom, we're passionate about education and providing clinicians with the opportunity to step away from the clinical setting to reflect on their current practices.

The Medstrom Academy is designed to offer a dynamic learning environment where you can explore innovative ways of working with equipment through interactive, hands-on experiences. Our goal is to create a truly engaging and memorable educational experience.

Located at our UK manufacturing site in Castle Donington, East Midlands, we offer free educational days for you and your team, featuring CPD-accredited courses to enhance your knowledge and skills.

Get in touch today to learn more and book your session, we'd love to welcome you!





References

1. Medstrom. 6,000 Dolphin Outcomes data available on request.
2. Springall F, Williams E. P-144 'A cuddle bed- you are not alone in this'. BMJ Supportive & Palliative Care 2024;14:A64.
3. Samuriwo R, Lovell-Smith C, Anstey S, Job C, Hopkinson J. 'Nurses' decision-making about cancer patients' end-of-life skin care in Wales: an exploratory mixed-method vignette study protocol'. BMJ Open. 2020 Jul 5;10(7):e03493.
4. Carr D, Luth EA. 'Well-Being at the End of Life.' Annual Review of Sociology. 2019 Jul;45:515-534.
5. Groven F, Zwakhalen S, et al. 'The effects of washing without water versus the traditional bed bath with water and soap on comfort and physical demands: protocol of a crossover randomized trial'. Research Square. 2019.