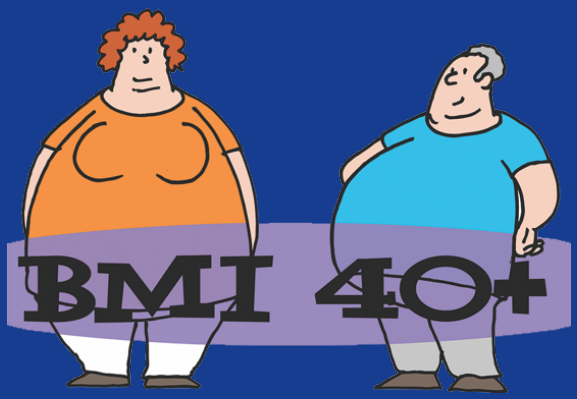
BMI40+ Facilitiy Check

Is your healthcare organization ready to provide care for obese individuals?

With continued numbers of obese individuals, it is important to think about this now and be prepared. After all, if you take measures when an obese person registers, you will be too late. It is then no longer possible to provide dignified care, and healthcare providers will be overburdened. A first step to prevent such a situation is to examine the current situation with a checklist, the BMI40+ Facility Check.

This checklist contains questions like: 'Are there patient handling technologies available that are strong enough to move people weighing more than 150 kilograms?'. And 'Are the doors wide enough for an extra wide obesity bed?'. Keep in mind that a checklist like this is never complete, so always keep your eyes open for any other bottlenecks or potential risks. And, also, please pass them on to the developers of this checklist (see address in the colophon).



Also be aware that transfer aids, furniture, care equipment, etc. sometimes state that they can be used for obese clients, but often this only refers to the maximum capacity (in kilos). Of course, that is important, but the width is just as important. After all, if the capacity is sufficient but the device is too narrow, it will be useless.

This checklist determines if your healthcare organization is able to provide care to obese people in a safe and ergonomic way. But there is more to it. For example, do care providers have the knowledge and skills to provide optimal care for these obese individuals? Consider, for example, the body types (apple, pear) and the consequences for the way in which these people stand up, walk, reposition in bed, etc. It is also important to be extra alert to skin problems in obese people related to transfers, repositioning, and their postures in beds and chairs. Finally, think about communication skills that facilitate providing dignified care to this vulnerable population. Although these are important care aspects to consider, this BMI40+ Facility Check is limited to preconditions for providing ergonomically sound care.

You will regularly encounter vague indications such as 'sufficient' or 'suitable' in this checklist. Unfortunately, in those cases we cannot provide more objective guidelines (in centimeters, kilos, etc.). Sometimes because they simply do not exist, and sometimes because they depend on the weight, mobility and body type of the obese individual(s). Practicing care tasks using a person wearing an obesity suit will take away some of the unknown aspects of providing care to obese persons. However, ultimately, healthcare providers are responsible to use their expertise and skills to provide safe, dignified and efficient care for obese individuals.

Good luck!

The items to be checked

Take a (virtual) tour of your healthcare facility. What does an obese person actually and subjectively encounter?

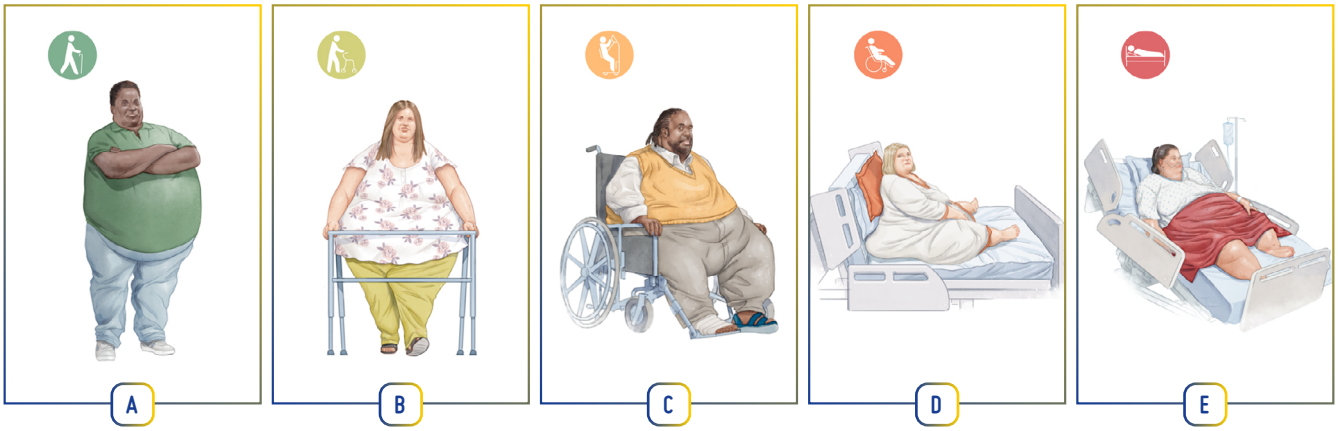
1 Estimate the number of overweight clients (BMI>40) that are cared for in your facility.

If this is zero or very little, you may wonder whether it is necessary to take any proactive measures. An argument can be made that your organization wants to be prepared for the future, or that you want to be able to provide care to obese individuals in unanticipated emergency situations.

2 Estimate the mobility of overweight clients.

Indicate how many clients of each Mobility Class are cared for in your organization. Use the following classification of obese persons, ranging from A to E (Knibbe & Knibbe).

from A (leftmost) to E (rightmost).



3 Ambulance

- Is the ambulance suitable for providing adequate acute care for obese individuals?
  - ☐ Yes ☐ No
- Is the maximum weight capacity of the stretchers sufficient?
  - ☐ Yes ☐ No
- Are the stretchers wide enough?
  - ☐ Yes ☐ No
- Does the ambulance have a powered system to move stretchers in and out of the ambulance, without manual pushing or lifting
  - ☐ Yes ☐ No

4 Bedden

- Is the maximum weight capacity of the beds sufficient for your estimated obese population? Also consider the head end of the bed. If this is not strong enough, the obese person may slide backwards in bed, and, as a result, may suffocate.

  ☐ Yes ☐ No

- Are the beds wide enough? To prevent pressure ulcers, an obese person must be able to move easily and have enough space to reposition in bed. This also ensures they do not roll into or get stuck in the side rails.

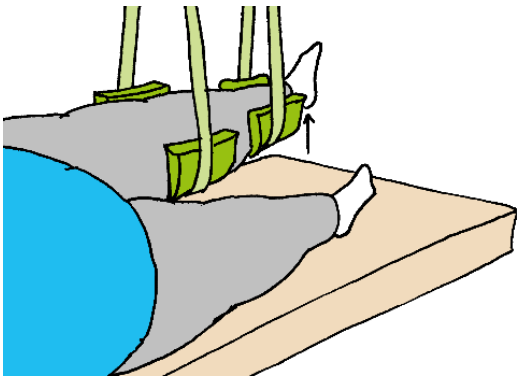
  ☐ Yes ☐ No

- Do the beds have sufficient powered (!) adjustment options so that an obese person does not have to lie flat? Ease in raising the head of the bed helps in preventing respiratory compromise and other breathing problems.

  ☐ Yes ☐ No

- Do the aids fostering independence that are attached to or on the bed (transfer/pivot pole, bed ladder, etc.) have sufficient weight capacity?

  ☐ Yes ☐ No ☐ N/A



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- Do the aids used to support the arms and legs while dressing/bandaging wounds have sufficient weight capacity? Are they wide enough?

  ☐ Yes ☐ No ☐ N/A

- Do the beds have a special section in the center that prevents the obese person from being squeezed when the bed moves to a sitting position? This prevents breathing problems and skin and tissue damage.

  ☐ Yes ☐ No

- Is the weight capacity of the anti-pressure ulcer mattress, such as a low air loss mattress, sufficient?

  ☐ Yes ☐ No ☐ N/A

- Are the beds ergonomically maneuverable when moving an obese person in the bed, i.e., is there no more than 20 — 25 kilograms of force required when moving the bed and obese person?

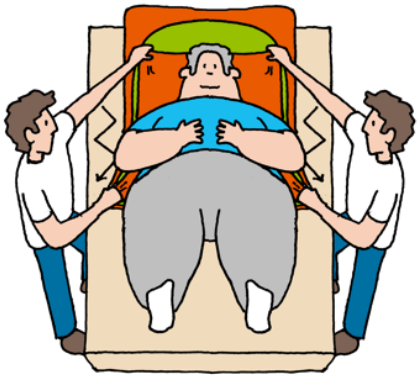
  ☐ Yes ☐ No

- Can the beds pass through all doors within the facility, into procedure rooms, elevators, etc.?

  ☐ Yes ☐ No

The maximum weight capacity of an aid is usually found on the aid itself or in the user instruction manual. If necessary, check with your vendor. Be sure that all caregivers know these weight limits and where to find them.

5 Sliding sheets



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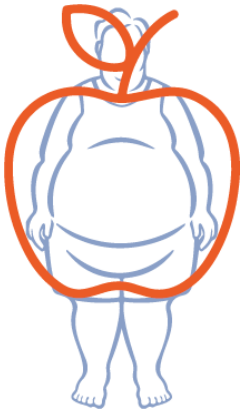
- Are the sliding sheets wide enough for transfers within the boundaries of the bed? The sliding sheet must be much wider than the obese person. It must extend out well beyond the sides of the obese person.

  ☐ Yes ☐ No ☐ N/A

- Does the sliding sheet consist of at least two layers? This can be two separate sheets, or a double-layer/tube style.

  ☐ Yes ☐ No ☐ N/A

6 Chairs



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- Is the maximum weight capacity of the seats sufficient? Consider wheelchairs, toilet chairs, shower chairs, chairs in the waiting areas, examination chairs, etc.

  ☐ Yes ☐ No

- Are the chairs wide enough that the buttocks do not get stuck between the armrests?

  ☐ Yes ☐ No

- Are the armrests strong enough to support the person when putting their weight on them to stand up?

  ☐ Yes ☐ No

- Are the wheelchairs adjustable, based on body type (apple, pear)?

  ☐ Yes ☐ No

- If the chairs are not powered, is no more than 20–25 kilograms of force required to move them manually?

  ☐ Yes ☐ No

Aids specifically designed for obese individuals can often be rented or leased. This may be less expensive if used infrequently. Please note that these aids must have a very short delivery time. Preferably the same day.

7 Lifting Equipment

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- Is the maximum weight capacity of the facility lifters used for obese people sufficient?
  ☐ Yes ☐ No ☐ N/A
- Is the maximum weight capacity of the lift slings, for both passive and active lifts, sufficient?
  ☐ Yes ☐ No ☐ N/A
- Are there slings available that are suitable for different body shapes (apple, pear)?
  ☐ Yes ☐ No ☐ N/A
- Is it possible to lift an obese person off the ground with a facility lifter or an equivalent aid?
  ☐ Yes ☐ No
- Is it possible to ergonomically move the mobile lift including the obese person, i.e., is there no more than 20 — 25 kilograms of manual force required when pushing an obese person in a facility lift?
  ☐ Yes ☐ No ☐ N/A

Would you like to know how to easily determine whether you do or do not exceed 20 — 25 kilograms of pushing or pulling force when moving a person? If so, watch this video https://www.youtube.com/watch?v=QRlF_mMpmTo

8 Toileting

- Is the maximum weight capacity of the toilet bowl and base sufficient? Assume that a hanging toilet, a toilet attached to the wall structure without a pedestal base, does not have sufficient weight capacity.
  ☐ Yes ☐ No ☐ N/A
- Is the toilet bowl adapted for obese individuals? Does the seat has wider edges and a larger opening?
  ☐ Yes ☐ No
- Is the maximum weight capacity of the grab bars/supports sufficient? Are they securely attached to the wall structure?
  ☐ Yes ☐ No ☐ N/A
- Some toilets have a powered stand-up mechanism, similar to a stand-up chair. Is the capacity of the motor sufficient?
  ☐ Yes ☐ No ☐ N/A
- Does the stand-up toilet have a spray/dryer (bidet) system?
  ☐ Yes ☐ No ☐ N/A

- Are the bedpans suitable for obese individuals?
  ☐ Yes ☐ No ☐ N/A
- Are the incontinence pads large enough? Are obese/expanded capacity incontinence pads available?
  ☐ Yes ☐ No ☐ N/A
- Do the largest sizes of incontinence material have sufficient variation in absorption capacity?
  ☐ Yes ☐ No ☐ N/A

9 The deceased

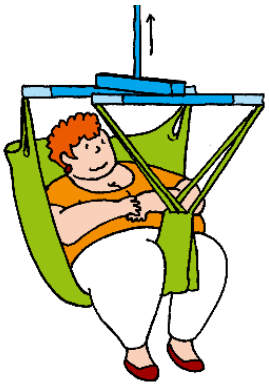
- Is the body bag sufficiently large, wide and sturdy?
  ☐ Yes ☐ No ☐ N/A
- Is the maximum weight capacity and width of the stretcher sufficient?
  ☐ Yes ☐ No ☐ N/A
- Is the door width sufficient?
  ☐ Yes ☐ No ☐ N/A
- Can horizontal transfers be accomplished using a ceiling lift with sufficient weight capacity? And with a sling and spreader bar that is sufficiently spacious and strong?
  ☐ Yes ☐ No ☐ N/A
- Is the mortuary cooler wide and high enough?
  ☐ Yes ☐ No ☐ N/A
- Is the coffin sufficiently wide and high enough, and sturdy?
  ☐ Yes ☐ No ☐ N/A

10 Last but not least

- Is weighing the obese individual possible in a responsible and dignified manner? Is there a scale or weighing platform with extra weight capacity, or can the person be weighed while in the lift? In this case the lift must have an integrated scale.
  ☐ Yes ☐ No ☐ N/A
- Is it possible to measure blood pressure? Due to the size of the arm, most cuffs may be too small.
  ☐ Yes ☐ No ☐ N/A
- Is the maximum capacity of the rollator/walker sufficient? To push, but also to sit on? And the width? And the braking capacity? In other words: is the walker suitable for the obese individual?
  ☐ Yes ☐ No ☐ N/A

- Are the lines for blood collection, peripheral and central perfusion, chest drainage, supra pubic tube, PEG tube, drains, catheters, etc. sufficiently long?

  ☐ Yes ☐ No ☐ N/A



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- Is the diameter of the diagnostic equipment sufficient? Can the client keep their arms next to their body, instead of on the stomach? Are the body shapes taken into account (apple, pear)? Due to their shape, the maximum dimensions of an obese person can differ for each bodily region (hip, shoulder, elbow region, buttocks, etc.).

  ☐ Yes ☐ No ☐ N/A

- Is the maximum weight capacity of the ultrasound machine sufficient? Is a special probe available for obese people?

  ☐ Yes ☐ No ☐ N/A

- Are evacuation aids strong and wide enough?

  ☐ Yes ☐ No ☐ N/A

- Does the elevator have sufficient capacity?

  ☐ Yes ☐ No

11 Etcetera

This checklist is not complete. If you evaluate your healthcare facility using this BMI40+ Facility Check©, keep your eyes open. Below, please note any issues/questions not included in this checklist.

Colophon

This version (2023) of the BMI40+ Facility Check © is a further development of the original 'BMI40+ ZorgorganisatieToets' (only available in Dutch, 2016) developed by JJ Knibbe and NE Knibbe (LOCOmotion) on behalf of the Dutch Stichting Arbeidsmarktbeleid Verpleeg- en Verzorgingshuizen (SAB-V&V). This BMI40+ Facility Check © was created with the support of eUlift.

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Do you have questions, comments, additions? Please send them to nico@knibbe.nl. Together we can keep this checklist as accurate and complete as possible.

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