



Enhancing Lives,  
Delivering Comfort

AUTOTURN<sup>®</sup>

Lateral Turning System

## AutoTurn® Lateral Turning System

The Opera® Autoturn is a lateral turning system designed to prevent and relieve pressure and turns any standard bed into an automated lateral turning bed.

The AutoTurn redistributes pressure through its inflating and deflating air cells at a constant and comfortable flow. The automatic frequent turning system supports care givers in the regular turning of high-risk individuals who are subject to pressure ulcers.

Single-patient 0-30° lateral turning positioning system for prevention and treatment of pressure ulcers. The system automatically turns the user gently and quietly, without the intervention of a healthcare professional.



The Autoturn provides continuous pressure relief, resulting in a variety of benefits to the user and care givers within institutions or home setting.

## User Benefits



**Automated repositioning** helps to provide pressure relief to prevent or treat pressure ulcers. It can also help reduce respiratory problems and urinary tract and bladder infections.



**Better blood circulation** is achieved by the lateral positioning being set to specific degrees which reduces pressure on the body and increases capillary circulation.



**Better sleep** is given by users being automatically turned at night. This helps with independence as users are free from being dependent on care givers to turn them. This can create better mental well-being and improve lifestyle.



**Improved comfort** is achieved from the reduction in spasticity and abnormal muscle tone. The gentle turning also helps position users in pain.



**Side support system** from the mattresses being slightly lifted, on the opposite side of the primary lifting side, provides support and reassurance and decreases the risk of shear.



**The comfort of your own home** may be a possibility as opposed to a care environment because of automatic turning.



**Larger users are supported** and comfortable by the gentle turning.

## Care Giver Benefits



**Increased carer efficiency** is achieved from the reduction in time spent manually turning users. This provides more time for carers to spend effectively and productively in the care for their patients.



**Effective way to treat and prevent pressure sores** by ensuring turning is constant and that vulnerable areas of body are regular turned to eliminate pressure damage.



**Injuries can be prevented** particularly for the back, neck, and shoulder from manual turning. Automatic turning eliminates the strain on carers bodies when manually turning patients. This can lead to a reduction in sick days and the costs associated with hiring replacement carers.



**Easy integration** means the Autoturn can be installed into any care bed with removable mattress. Installation is straightforward and takes a matter of minutes.



Automatic turning **eliminates the need to manual turn individuals every 2 hours**, allowing for enhanced quality of care.



**Sleep deprivation is significantly reduced**, causing less mental and physical fatigue on care givers.

## Traditional repositioning vs automatic lateral turning

Automatic lateral turning systems eliminate many of the challenges associated with the traditional manual turning to prevent pressure injuries.

### Traditional Pressure Care

Disturbs the user during the night by repositioning process

Manually turning puts physical strain on the body, leading to potential neck and back injuries

Ensuring users are turned every 2 hours means around the clock care, this can lead to potential emotional stress and insomnia

In institutional settings, the need to frequently immobilized patients expensive, both financially and for staffing needs

Care givers in the home are responsible for the turning of the user in which they may not physically be able to do

If carers are unable to provide regular turning, users may have to relocate to fulfil their care needs

### Lateral Turning

Eliminates the need to give dedicate time every 2 hours just to turn a user

Automatically turns users up to 150kg safely and efficiently

Allows care givers to set how many hours the system will run automatically

Has the potential to be a return on investment by saving time and resources associated with manual turning

Provides peace of mind that users will be safely turned on time, every time

Allows users to feel more comfortable in the care environment and restores dignity

#### As recommended by clinical guidelines

The Autoturn is a single-patient 0-30° lateral positioning system for prevention and treatment of pressure ulcers. The 2019 International Pressure Ulcer guidelines (EPUAP, NPIAP, PPPIA) recommend the use of the 30° lateral side-lying position.

**700,000 people in the UK are affected by pressure ulcers each year and between 80 to 95% of these cases are preventable. The AUTOTURN system is designed to prevent pressure ulcers occurring by ensuring that the patient keeps moving.**



## Cost benefits from lateral turning systems

In the UK the occurrence of pressure ulcers costs the National Health Service (NHS) more than 3.8 million pounds every day. The cost of a nurse accounts for 90% of the overall cost for treating pressure ulcers, with much of the nurse's time spent on manually repositioning the patient<sup>2</sup>. The AUTOTURN is designed to reduce the need for manual repositioning by nurses, reducing the time that a nurse is required for repositioning, and thus helping to reduce the cost of the overall treatment.

# The Autoturn: How it works

## Dynamic Mode - Automatic

Positioning is carried out easily and quietly. The system takes approx. 7-14 minutes for a change of position. This makes the system provide a slow and even change of position to enhance user comfort.

The Autoturn is based on an air chamber system that lifts the user lying on it alternately on the right and left sides.

The system thereby places the user in a 30° side position, alternately right and left side.

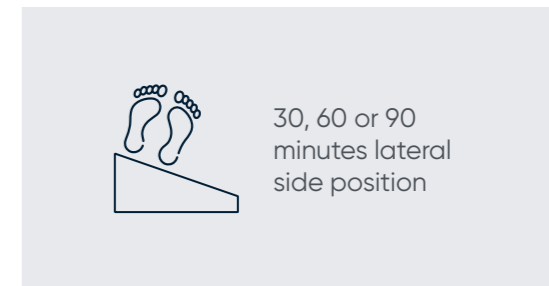


## Static Mode - Manual

Used as an inclined cushion (no automation)

The slope is manually controlled 0-30°

The amount of air that's pumped into the system determines the slope



The Autoturn provides effective pressure care by the automated repositioning process.

By lifting one side evenly and quietly, the outer part of the mattress is lifted on one side and forms a 'wing' that supports the body from the ankle to the shoulder. A slight lifting of the opposite side of the mattress prevents slipping and shear forces that may increase the potential for pressure ulcer development. This gives support and reassurance to both the user and the care giver.

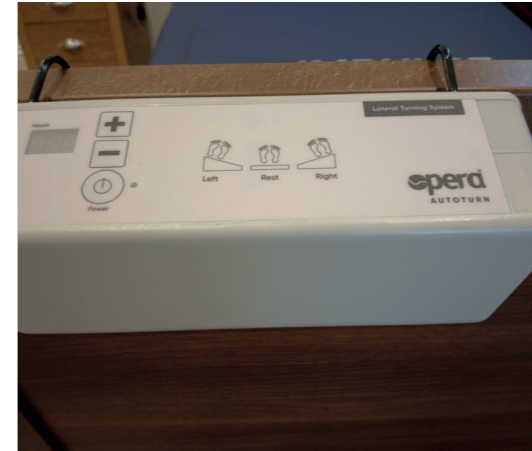
# Autoturn Installation



1 Remove the mattress from the bed



2 Place the Autoturn system on the bed base, the hose connection should be at the foot end of the bed



5 Place the Autoturn pump on the end of the bed using the two braces located on the back of the pump



6 Insert the hose connection to the pump and connect the power cord



3 Attach the system to the bed using the straps on the cover



4 Place the mattress back onto the bed, on top of the Autoturn system



7 Power on the pump



8 Set the timer using the + and - buttons (The number in the timer indicates how many hours the system should run automatically.)

## FAQs

### What bed do I need to install the Autoturn system?

The AutoTurn system can be integrated into a standard bed, however do not use the Autoturn system in a bed without side guides.

### How do I clean the Autoturn system?

The Autoturn cover (blue cover) can be washed in the washing machine v. 90° C. and tumble dried on a low setting. Note: The inner mattress cannot be cleaned. The Autoturn system can be sprayed with a suitable disinfectant or with alcohol / propyl alcohol on a damp cloth for wiping.

### What are the dimensions of the Autoturn?

(L x B x H)

Cover: 200 x 85 x 15cm

Lifting Mattress: 200 x 85cm

Pump: 8 x 27 x 13.5cm

### How much does the Autoturn weigh?

Pump: 1.5kg

Mattress with cover: 4kg

### What is the maximum user weight for the Autoturn?

The system is designed for users with a body weight of up to 150 kg.



## Speak to your consultant today

Our team of dedicated experts work hard to support in delivering exceptional care. We provide a free needs-based consultation where we can understand your needs and provide the most suited recommendations.

With over 16 years supporting the care of individuals at risk of pressure ulcers, we are highly versed and ready to advise you on the best course of action for the pressure care.

See our full range of pressure care products at [operabeds.com](https://operabeds.com) or request your free brochure.



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**Care Home Discounts**

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