

SAFER PATIENTS, BETTER CARE

Everyone should receive access to quality healthcare, regardless of mobility limitations. Having the right equipment and trained staff can make a huge difference in providing safe, quality care and improving patient outcomes.



36.5%
Percentage of U.S. adults who are obese.¹



1/5
Number of U.S. adults with a disability.²

Today, poor patient handling practices put patients and caregivers at risk for injury and lesser quality care.

77%

Percentage of practice administrators who indicated their employees were trained to lift a patient.³

4.8%

Percentage of practices with a mechanical lift available to transfer patients.³

57%

Percentage of wheelchair users who did not attempt to ascend to a non-height adjustable exam table.⁴

8.6%

Percentage of provider sites with a height-adjustable exam chair.⁵

44%

Percentage of administrators who acknowledged that parts of an exam were skipped when a barrier was encountered.³



Patients without a thorough exam risk:

Poorer quality care

Greater risk of misdiagnoses

Missed benefits of early detection

How can we help patients be safer during medical office visits without sacrificing quality care?

A recent study* by Dr. Guy Fragala and colleagues sponsored by Midmark, evaluated patient exertion, difficulty and safety for patients requiring various levels of assistance to sit on an exam chair or table.

Height-adjustable exam chair.

Traditional fixed-height exam table, similar to those found in many clinics.



Patients needing minimal assistance experienced:

72%

Reduction in exertion

64%

Reduction in difficulty

42%

Higher feeling of safety

when using a height-adjustable chair vs. a fixed-height table⁴

“As new ambulatory clinics are built and renovations are done to existing clinics, the benefits of height-adjustable examination chairs needs to be recognized and those making decisions on furnishings need to understand how height-adjustable exam chairs can add to the quality of care provided.”

Guy Fragala, PhD, PE, CSP, CSPHP

*Read the full study by Dr. Fragala [online](#).

Sources:

¹Obesity statistic: <https://www.cdc.gov/obesity/data/adult.html>; https://nccd.cdc.gov/NPAO_DTM/LocationSummary.aspx?statecode=94

²Disability statistic: <https://www.cdc.gov/ncbddd/disabilityandhealth/infographic-disability-impacts-all.html>

³Reducing Risk: Fragala G. Reducing Occupational Risk to Ambulatory Caregivers. Workplace Health Saf. 2016 Sep;64(9):414-9. doi: 10.1177/2165079916642776. Epub 2016 May 12. PMID: 27174130

⁴Benefits Achieved for Patients Through Application of Height-Adjustable Examination Tables: https://www.researchgate.net/publication/316834705_Benefits_Achieved_for_Patients_Through_Application_of_Height-Adjustable_Examination_Tables

⁵Lagu T, Hannon NS, Rothberg MB, Wells AS, Green KL, Windom MO, et al. Access to subspecialty care for patients with mobility impairment: a survey. Ann Intern Med. 2013; 158:441-6



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