



Optimum lumbar support



CASE STORY

PLACE:

Sheikh Khalifa Medical City (Managed by Cleveland clinic), Abu Dhabi, United Arab Emirates

DEPARTMENT:

Intensive care unit

PHYSICIAN:

John Wagner Engsig

Work in the intensive care unit includes a number of procedures with the patients, where the physician works sitting or standing, and leaning forward over the patient. Central lines, chest drainage or intubation are examples of challenging procedures.

The physicians work requires precision. The working posture is static, his spine is bended, his neck is twisted, and the reach of the arms are long.

Some of the administrative office work is done in a sedentary position, resembling ordinary clerical work at a PC.

DAILY CHALLENGES

- :: Physicians often suffer from pain in the lower back and sometimes also pain and headaches because of tension in the neck.
- :: Change of work height is often necessary during procedure – a task that easily can compromise the workflow
- :: Difficult to sustain lumbar support in all work positions
- :: Getting close to the patient without compromising posture.



PHYSICIAN ABOUT VELA SAMBA 120 SIT-STAND CHAIR



:: The range of the height adjustment is so accommodating, that I can work standing at an intubation or sitting at a chest drainage.

:: The chair supports my lower back and relieves tension in the neck when I lean over the patients.

:: After I had my Samba 120 sit-stand chair, I have far less pain in my back. Now I just adapt the chair to a suitable height.

:: I have no longer sciatica, and I can perform most procedures without having an attack of lower back pain.

:: The chair also allows me to get very close to the patient.

:: In my office work I use a VELA Latin office chair which also is very comfortable and very easily adjusted to meet my requirements.

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