

## User experiences of CareCare Instant Grip Sock

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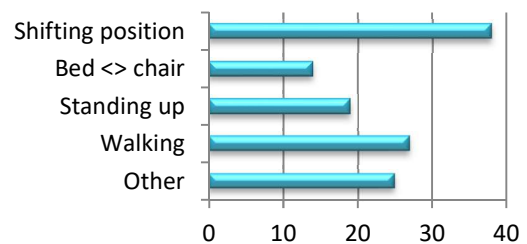
### Background

Particularly in geriatrics, emphasis is placed on increasing the mobility of older people and avoiding long periods of bed rest while taking into account patient safety and preventing falls and slips. The CareCare Instant Grip Sock (IGS) is intended for hospital use as a patient-specific transfer aid for periodic use. The grip socks have been developed to lighten patient transfers and improve patient mobility and rehabilitation. The structure of the grip sock is mesh-like, breathable and adapts to the shape of the foot. The material used is thermoplastic elastomer.

### Method

User experiences were observed on hospital wards in different patient transfer situations (n = 123), such as shifting position in bed, standing up, moving between bed and chair, walking, wheelchair use and moving in shower and toilet facilities. In addition to structured observation, verbal feedback from patients and caregivers was recorded.

### Transitions (n=123)



### Results

The most important focus of the observation was the grip feature of the sock. The grip sock was not slippy or slippery in any situation. Based on the evaluation, the grip socks rolled on bare feet or on top of socks can be used as an aid in moving indoors. Only three users felt that the grip sock was gripping too much either on the floor or on the bed. Due to the grip feature, the socks are not suitable for those patients who drag one or both of their feet while walking. Rolling the sock on the foot requires some learning in the beginning. Most of the users also kept the grip sock on their feet at night to secure toilet visits at night time.

#### Patients' feedback

*"The foot doesn't slip with these, they're good at home when walking with the frame"*  
*"These are handier than putting on shoes in the morning."*  
*"They hold well when standing up"*  
*"I was able to sit myself up in bed"*  
*"This sock grips well, does not slip"*  
*"Brings safety to moving around, a good invention"*

#### Nurses' feedback

*"The grip makes it easier for the patients to lift their hips in transfers"*  
*"Supports the position change well both upwards and sideways"*  
*"Wow, the foot stayed in place really well"*  
*"He only needs a little support, really handy"*  
*"Gives good support, I can tell the difference"*  
*"Good while using the wheelchair, and when bending forward the sock prevented the foot from slipping under the chair"*

### Discussion

The grip sock increases patient safety by providing a proper grip to the floor and supporting standing and walking positions in dry and wet floor surfaces. The grip sock increases the patient's own muscle use, as the patient with reduced strength can now perform motions that would otherwise require more help from the nurses. Grip socks reduce nurses' physical workload by helping the patient stand and walk without the nurse having to intervene to prevent slipping. This prevents harmful positions which can result in musculoskeletal pain and injuries to the nurse in transfer situations. When changing position in bed, the patient is able to push with one or two legs and move themselves thus lightening the workload of the nurse.

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