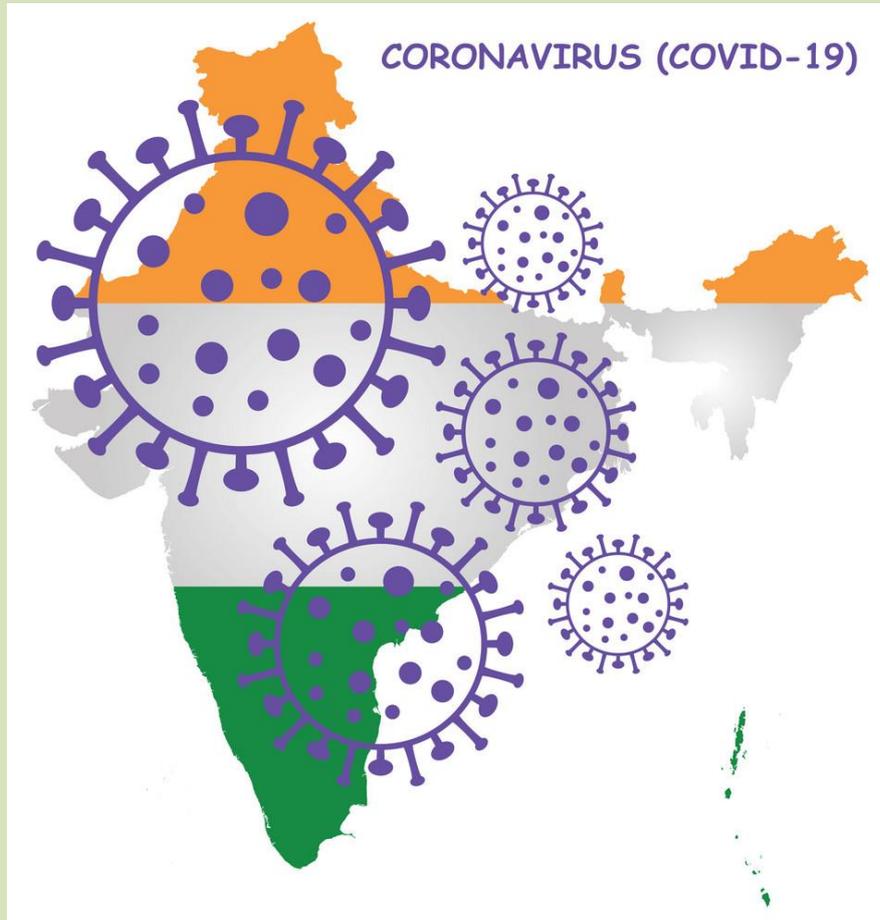




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CARING YOUR SUPPORTIVE DEVICES

A small guide to protect your supportive devices in COVID-19

(MOBILITY AIDS)

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Clinical Tutor, MPO

NILD, Kolkata

Common mobility devices in use



Quadripod



Walker



Elbow crutch



Underarm crutch

Some words for care:-

- As these devices are mostly in contact with our bodies, special care needs to be taken while handling it in this crisis.
- First and foremost is cleaning the devices properly before its use. As the device almost remains contact every time to hand it is not possible to wash hands very often. So care must be taken on its use.
- Wash your hand with a soap or alcohol based hand sanitizer.
- Before using the device, clean the handle or frame with either a damp cloth with an antibacterial solution (like Dettol or savlon) or mild soap water solution properly and kept dry for a few minutes.
- As the underarm crutches consist of soft cushion padding foam, the armrest must be cleaned with a damp cloth instead of washing it under running water. And dried properly under fan or room temperature without direct contact of heat as it may affect the material property.
- In case of stepping outside the home, care must be taken while using these devices. Try to use gloves or roll an extra cloth over the handle or armrest to decrease the outside contact.
- Try to keep 6 feet from others, when possible, and wash your face, in addition to your hands after being in public and after having an in-person conversation.
- Care must be taken while cleaning the bottom surface of the devices like the ferrule or wheels of any mobility devices before entering the home environment from outside.
- The devices must be kept in an isolated place when left unused and only allow touching by the family member/friend or patient only after proper hand hygiene.

- In case of any wear and tear is observed, like tearing of underarm cushions cover, an extra layer of cotton cloth may be stitched and reused.
- Similarly for any breakage to the ferrule (the bottom cushion part of the device), the same cotton cloth might be wrapped and reused. Care must be taken from slippage.
- Try to avoid any nearby things while using these devices as there are many chances of transmission of viruses through body contact.
- Eat a healthy, well- balanced diet to boost the immune system.
- Spend time with your family and socialize with peoples through internet/ phone calls to reduce mental fatigue less.
- Don't avoid any health issues. Do contact nearby doctors if problems persist.
- Continue home-based training and therapeutic exercises as per physical therapist advice.

YOUR SERVICE OUR RESPONSIBILITY

- If any problem arises call us by contact as given below to schedule an appointment.
- If you have more numbness, tingling, pain, loss of bowel or bladder function or are less able to move or do daily activities call us immediately
- **Website:** <http://niohkol.nic.in/Covid19.aspx>
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