

## Slider Sheet System Frequently Asked Questions

**1. Q: What is the slider sheet system?**

**A:** This refers to a two part system. The two parts consist of:

- a) a *slider draw sheet* with a panel of a low friction, breathable microfiber
- b) a *fitted slider bottom sheet* with a 20" panel of a low friction anti-static, breathable microfiber sewn lengthwise into the center of a jersey sheet.

**2. Q: How do I know when to use the slider sheet system?**

**A:** Refer to the [Repositioning Decision Tool](#): Point-of-Care Risk Assessment. Each patient should be assessed with respect to three criteria:

Frequency of repositioning required.

Patient Size

Dependence - level of assistance required to reposition in bed

Your clinical assessment of the patient, followed by completion of the Decision Tool, will guide you to the appropriate repositioning tool(s) for your patient to ensure your safety and enhance patient care.

**3. Q: How can I be trained to use the slider sheet system?**

**A:** You can register for a [training module](#) on i-Learn. There are instructions for registering for the training module on the inet under Employee Health & Safety, Injury Prevention, Patient Handling, Slider Sheet System.

**4. Q: Can the slider draw sheet be used by itself – without the slider bottom sheet?**

**A:** Yes, it can still be used over the standard jersey sheet but it is only effective for smaller, lighter patients. Remember, if the reposition *feels* difficult then it is too heavy for you. This should prompt you to use the two part system or a repositioning sling with ceiling track lift where available.

**5. Q: Can the slider bottom sheet be used by itself – without the slider draw sheet?**

**A:** Yes, the slider bottom sheet may be used by itself for patients who can be independent with bed mobility using these sheets alone. Rehabilitation patients may benefit from use of the slider bottom sheet alone.

**6. Q: What combination of slider sheet products is most effective for confused, agitated patients?**

**A:** The soaker pad/slider bottom sheet can be an effective combination for confused, agitated patients who may squirm/wriggle too much on the slider sheet system.

**7. Q: Should I be concerned about patients sliding off the bed when attempting to get up?**

**A:** This was not a concern in clinical trials. The microfiber center panel in the slider bottom sheet was not made the full width of the bed to minimize possible slippage along the sides of the bed. As well, the "wings" of the slider draw sheet are intended to be tucked under the mattress to help stabilize it and keep it in place.

**8. Q: Can the sheets remain under the patient at all times?**

**A:** Yes, the products have been designed to remain under the patient. The breathability of the microfiber is good and should not contribute to heat build-up.

**9. Q: What about soaker pads?**

**A:** Although there is a WorkSafeBC bulletin entitled "[Soaker pads are not for repositioning](#)", the research shows that the soaker pad, when used with a slider bottom sheet, is a low friction combination and can be used effectively to reposition patients. However, the soaker pad does not provide as much fabric as a slider draw sheet for a functional grasp, and should not be used with larger patients.

Otherwise, soaker pads should only be added to the bed make-up if the patient who occupies the bed requires the soaker pad for incontinence concerns.

**10. Q: Won't extra layers of linen contribute to pressure problems?**

**A:** Each patient must be assessed as to his/her tolerance and skin condition. However, skin breakdown was not an issue in clinical trials; subjective reports indicated less skin shearing with the slider bottom sheet compared to the traditional jersey sheet.

**11. Q: Won't the patient slide back down the bed, requiring workers to do even more boosting up in bed?**

**A:** Use of the bed's adjustments, such as the knee gatch or trendelenburg, can prevent movement down the bed. The patient's knees must be raised first, before raising the head of the bed. It is essential to work with these adjustments to optimize patient comfort and safety.

**12. Q: Are regular jersey fitted bottom sheets available if the patient does not require assistance with moving in bed or cannot tolerate the slider bottom sheets?**

**A:** Yes. A small supply of regular jersey fitted bottom sheets will continue to be supplied to each unit.

**13. Q: Can the slider sheet system be used on specialty mattresses?**

**A:** No. The fitted slider bottom sheet cannot be used on specialty mattresses as it may decrease the effectiveness of the mattress. The slider draw sheet may be placed over a specialty mattress, but should not be tucked in.

**14. Q: What is the benefit to staff?**

**A:** The slider sheets have been trialed at a number of different facilities and types of units within IH; the most common feedback from nurses has been that the sheets make manually turning and boosting patients "easier" and "faster" for staff. Studies of muscle use while using these sheets, compared to the traditional soaker pad/jersey sheet, also indicate that the sheets should be effective in reducing risk of injury if used appropriately.

**15. Q: Who should I contact if I still have questions?**

**A:** Your HRBP or email [workplaceinjury.prevention@interiorhealth.ca](mailto:workplaceinjury.prevention@interiorhealth.ca)