

Bi-Monthly Newsletter

Dear Care Partners

Welcome to the first edition of our bi-monthly newsletter!

Thank you for all that you do each day. In this issue, we're sharing practical insights and solutions to help address everyday care challenges and support **better outcomes** for both residents and caregivers.

Challenges Care Teams Face Daily



1. Time Constraints

Busy shift routines make it difficult to maintain consistent repositioning and skin checks, especially during peak hours and at night.



2. Physical Strain

Manual turning and repositioning put caregivers at risk of back pain and other musculoskeletal injuries.



3. Manpower Shortage

Limited staff resources lead to increased workload and make it challenging to deliver 1-to-1 attentive care.



4. Inconsistent Practices

Different techniques and lack of standardisation can result in inconsistent care and higher risk of pressure injuries.



5. Complex Resident Needs

Residents with multiple conditions require more time, close monitoring and customised care plans.



Remember: Small improvements in daily routines can lead to big differences in outcomes.

Practical Takeaways

1

Plan ahead - Prioritise **high-risk residents** and **key care tasks** during each shift.

2

Use **body-safe techniques** and **assistive tools** to reduce physical strain.

3

Work as a team - communicate and support each other.

4

Standardise care processes for consistency across all shifts.

5

Leverage solutions that **support caregivers** and help deliver safe, effective care every day.

Did you know?

Caregiver musculoskeletal injuries are among the most common workplace injuries in long-term care settings, especially during frequent repositioning and manual handling tasks.



From the Ground: Trial Experience



During a recent trial at an elderly care home with an automated lateral turner system, care teams shared that:

- Residents were more comfortable with smoother, gentle turns.
- Caregivers experienced lesser physical strain.
- Turning tasks became more manageable during night shifts.
- Time saved allowed more focus on other important aspects of care.

Supporting Better Care, Together

We partner with care teams to reduce workload, improve consistency and enhance resident outcomes.

Our focus is simple:

Better care for residents. Safer care for caregivers.



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