



HOLLAND TRADE MEDICAL LTD

Study pain relief and usage of the STERNASAFE at home.

Location	: Academic Hospital Maria Middelaes, Gent, Belgium
Period	: September 2012 to March 2013
Number of patients	: 69
Department	: nursery cardio-thoracic surgery
Coordinator	: Dr R. Hamerlijnck, cardio thoracic surgeon
Main items	: Pain relief, usage at home, period of using
Scale 1-10	: 1 = <u>completely disagree</u> 10 = <u>completely agree</u>

In the hospital:

Suggestion: During my stay in the hospital, SternaSafe gave me pain relief during coughing.
ANSWER: 9

Suggestion: During my stay in the hospital, SternaSafe gave me a good support during coughing.
ANSWER: 9

Suggestion: During my stay in the hospital, SternaSafe supported my chest well when changing positions in bed.
ANSWER: 8

At home:

Suggestion: At home SternaSafe gave me pain relief during coughing.
ANSWER: 9

Suggestion: At home SternaSafe gave me pain relief when going in/out of bed.
ANSWER: 8,5

Suggestion: At home SternaSafe gave me pain relief when standing up from a chair.
ANSWER: 8

Suggestion: At home SternaSafe gave me pain relief when going in/out of the car.
ANSWER: 8

Suggestion: At home SternaSafe gave me pain relief when climbing stairs.
ANSWER: 7,5

Suggestion: During respiration practise, SternaSafe gave me pain relief.
ANSWER: 8

Suggestion: During revalidation practise, SternaSafe gave me pain relief.
ANSWER: 8

Period of using:

From the first day home the patients decided for themselves how long they wanted to wear the SternaSafe. The patients found the SternaSafe helpful during; coughing, sneezing, moving, laughing, practising, standing up, climbing the stairs.

SternaSafe was worn for an average of 25 days both in the hospital and at home.

See other side

Some remarks from patients during this study.

- “A perfect support for decreasing the pain” (26-12-2012)
- “Enormous support during coughing” (03-10-2012)
- “A sure help when moving” (28-12-2012)
- “A support that gives trust” (13-12-2012)
- “A good support to prevent pain, easy to use” (28-12-2012)
- “A Great help” (13-12-2012)
- “Essential help” (14-11-2012)
- “A very good support and efficient help during 15-20 days after the operation. This evaluation is based on a double experience, April '99 and September 2012.” (29-11-2012)
- “An essential device for after the operation” (13-09-2012)
- “A good invention, very helpful ” (01-10-2012)
- “A simple help against all discomforts” (02-10-2012)
- “Very good device” (04-02-2012)
- “A good and helpful invention” (07-02-2013)
- “A pleasant help in difficult times” (20-01-2013)
- “A great help, especially the first period after the operation and a period of coughing and sneezing” (31-01-2013)
- “A device that gave me a lot of comfort (10-12-2012)
- “Very great help in everything” (08-11-2012)
- “A good help during the revalidation period” (17-12-2012)
- “Very effective helping device” (29-11-2012)
- “An important support during the beginning of the healing process” (14-11-2012)
- “Helpful during sneezing” (08-10-2012)
- “A very special helping device” (26-10-2012)
- “Very good developed and made” (16-12-2012)
- “A great success” (21-01-2013)
- “The inventor of the SternaSafe deserves a big ”HUG “ (03-12-2012)
- “A very good support after the operation” (24-09-2012)
- “A relief for such a painful operation” (02-12-2012)