A home dialysis patient relates her experience with a premium day bed.

“I wanted sunny colours which give me confidence”
Home dialysis patient, Carola Wehn, has furnished a pleasant room in her house in Bergisches Land, in which she spends around 4 hours every day. In the middle, there is a LiKAMED brand SENSA premium day bed. This is the comfortable centre-piece on which the 57-year-old completes her daily dialysis sessions. In the interview, she explains why she chose this manufacturer of medical day beds, beds and medical technology.

Mrs Wehn, how long have you been involved with the topic of dialysis?

Carola Wehn: In my mid 20s, I found out that I had a polycystic kidney disease. In my early 50s, my levels were so bad that I was dependent on dialysis – it felt as if I’d been run over by a steam roller. I managed well with peritoneal dialysis for 4 years, then there was an unsuccessful kidney transplant and the changeover to haemodialysis.

And you had this at a dialysis centre?

Wehn: To start with, yes. Because of my appointments three times a week at the time, I had to plan around this and I felt hard-pressed. Most patients in the centre slept, but I was alert for the most part. The nursing staff was often stressed and it was all very unpleasant.

Then the Haemodialysis Advisory Board suggested you have dialysis alone at home?

Wehn: I agreed straight away and started the training. I learnt how to operate the machine, how to manage faults and how to treat myself. The electricity and water have been connected in my dialysis room. I have been performing the haemodialysis since August 2016.

But you were not happy with the standard equipment; why was that?

Wehn: It’s marvellous to be able to have dialysis in your home environment. But I wasn’t supplied with the equipment that I needed. I wasn’t happy with a grey, inflexible hospital day bed. Most of all, I wanted a foot rest that could be adjusted depending on the situation because I often get cramps during the dialysis. I can’t move around very much with the needle in my arm, so I wanted equipment where I can change the position at the touch of a button.

So how did you come across LiKAMED?

Wehn: I had looked into several manufacturers and I liked LiKAMED’s portfolio very much. I wanted electric adjustability and I had certain ideas, so I put the individual features of the day bed together myself. I should be able to enjoy the day bed and it should be easy to manage, combining all the important functions with a modern design and it should be high-quality because it’s used every day for years on end.

“I wanted sunny colours which give me confidence”
What impressed you in particular?

Wehn: The wide range of colours was appealing for a start. I wanted to furnish my room to reflect my taste. I spend so many hours here every day, so I'd like to have pleasant surroundings. Grey on grey like in the hospital was never an option. I wanted something up-beat, even if I had to pay for the day bed myself and only got a subsidy. I love warm and sunny colours which make me feel confident.

So what did you choose?

Wehn: I chose a saffron yellow LiKAMED SENSA Premium. I can adjust the height of the lying surface, for example, the tilt angle of the backrest, the seat and the foot, as well as the foot rest and the armrests individually so that everything is comfortable. I perform the dialysis alone and I have to be able to bring my side table over with one hand, so I find the simple, convenient electric adjustability of this day bed very helpful. The technical equipment of the LiKAMED products is first-rate, well thought out and meets my needs exactly.

Would you say it’s a top model that meets your every need?

Wehn: I am completely satisfied because I have a custom-made version of the day bed with 5 drive systems. I have the armrests that are suitable for me, a reading lamp and central braking for the castors. I am very comfortable thanks to the right cushion support. Previously, I had back problems and tension in my neck due to the dialysis – that’s gone now. Because I can adjust everything as I need to do in many ways so I can perform my dialysis for 2½ hours every day in comfort. I adjust the foot rest so that it gives me more support or more room. The continuously variable motorised adjustment of the sitting and lying position, even as far as the shock position, is practical and effortless. I manage it easily using the manual switch.
“Lieblingsplatz” – “My Favourite Chair” – is embroidered on a blue cushion on your SENSA Premium day bed. Is that true?

Wehn: Yes, because I have a positive attitude towards dialysis – it at least ensures my survival. I don’t feel it’s a burden. It’s a part of life, like brushing your teeth every day. I have an illness which keeps me at home for several hours every day. But I can perform the dialysis when it best fits in with my daily routine. I do a lot of paperwork on the LIKAMED day bed, for example, so I make use of this time.

So the day bed has a positive impact on you as a dialysis patient?

Wehn: Yes, because it helps me to perform the dialysis completely relaxed. My saffron yellow SENSA Premium is a genuine feelgood factor. My skeletal muscles feel good and after 2½ hours on the day bed, I get up fresh and rested. I have better quality of life, now, overall.

You are currently testing the new LiKAtainer. What is that for?

Wehn: Haemodialysis patients spend around 1,000 hours longer lying down each year than healthy people and therefore have weaker leg muscles. So, for my own benefit, I play a lot of sport. With the new home trainer, I have the perfect combination with the day bed. It’s pushed over the foot and the footrest and then locked into place. If necessary, if I have to change into the shock position, the locking mechanism disengages and releases the day bed. Now, I go cycling during dialysis and this makes the time pass very quickly – only the direction in which I cycle is always the same...
What are positive effects of cycling?

Wehn: I can already see my progress after 14 days and I am happy with it overall. It’s scientifically proven: if you exercise for the first 20 minutes, your dialysis results will be better. In this way, the toxins are transported out of your body more quickly. I notice how the daily training stimulates my strength, endurance and flexibility, that my circulation and metabolism are more stable and, above all, my whole well-being is better. And ultimately, that lets me enjoy life.

COMPANY INFORMATION

LiKAMED has been active in the medical sector for more than 35 years. The portfolio of the company, with its headquarters in Eppingen (Baden-Württemberg), includes therapeutic and treatment beds, as well as beds with accessories appropriate for both the medical and the cosmetic fields. Medical treatment equipment, such as for shockwave therapy, are also anchored in the portfolio. Designs and quality for the specialist are our focus, under the motto “Made by LiKAMED”. The products are particularly suitable for use in the main areas of dialysis, blood donation, oncology, infusion and transfusion therapy, as well as in day clinics. LiKAMED products are also used in the areas of cosmetics, chiropody, in pain clinics and rheumatology clinics, as well as in the out-patients’ clinic, urology, orthopaedics and physiotherapy.

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The SENSA Premium A5 CA combines all the important functions with an up-to-date design. A manual switch makes positioning the patient easier, even in the lying and the shock position. The flexible options allow the dialysis bed to be adjusted individually for all requirements. Maximum convenience, both for nursing personnel and for patients.

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