7 Best Practices

Ophthalmology: Identified Best Practices

1. Adjust the workstation
2. Position the patient
3. Handle patients safely
4. Reduce transfers
5. Support small patients
6. Accessibility for all bodytypes
7. Comfort for pregnant patients

1 Adjust the workstation

How to

1. Adjust the device or **workstation height** to match the practitioner's neutral posture.
2. **Position and raise or lower** the VELA Ophthalmology Chair so the **patient aligns correctly with the equipment**.
3. **Activate the brake** to keep the patient secure during the examination.
4. Avoid readjusting the workstation to the patient during examination. **Instead readjust the patient.**

Challenge

Ophthalmic examinations involve repetitive fine motor tasks carried out by the practitioner over long periods. If the workstation is adjusted to suit the patient and a non-adjustable patient chair rather than to the physiology of the practitioner, the practitioner is forced into forward leaning or awkward postures. Over time, this is a leading cause of musculoskeletal strain in the neck, shoulders, and back.

Benefits

This approach preserves a neutral working posture for the practitioner, reducing the risk of musculoskeletal injury and supporting practitioner wellbeing. At the same time, correct patient alignment improves examination accuracy and efficiency.

2 Position the patient

How to

1. Seat the patient in the VELA Ophthalmology Chair and **position it in front of the equipment**.
2. **Activate the brake** to ensure stability.
3. **Tilt the seat forward** and **adjust the backrest** to support a forward-leaning posture.
4. Ask the patient to **use the footrest and arm support** for extra stability.

Challenge

Even the most advanced diagnostic devices cannot compensate for unstable or poorly aligned patients. Subtle movements can create motion artefacts or lead to inaccurate scans.

Benefits

Stable patient positioning minimises artefacts and enhances image quality, reducing the need for repeat scans. It also improves patient comfort and helps practitioners complete examinations more efficiently.

3 Handle patients safely

How to

1. **Meet the patient** with the VELA Ophthalmology Chair upon arrival.
2. **Activate the brake** to create a stable base and **adjust the seat height** to just above knee-height of patient. **Ask the patient** to sit and **use the foot- and armrests** to readjust themselves.
3. Use the **push handle** to **transport the patient** safely to the examination station.
4. **Activate the brake** and **adjust the seat height and back support** as required for the procedure. Repeat 3 and 4 for each procedure.
5. Offer the patient to **tilt and raise the seat** for them to easier exit the chair.

Challenge

Elderly patients or those with impaired mobility are at increased risk of falls and may struggle to transfer independently. Without appropriate support, practitioners often need to provide physical assistance, exposing both staff and patients to risk of injury.

Benefits

Using the VELA Ophthalmology Chair as a safe transfer and transport aid reduces patient fall risk and physical strain on staff. It also streamlines patient flow, saves time when transferring mobility-impaired patients between stations and ensures fragile patients are supported throughout their visit.

4 Reduce transfers

How to

1. Carry out a single transfer into a mobile VELA Ophthalmology Chair upon arrival.
2. **Activate the brake, set the seat height** to just above knee-height of patient, and ask the patient to sit, **using foot- and armrests for support.**
3. **Keep the patient seated** and **move the chair** between examination stations as required.
4. **Use brakes, seat tilt, and height adjustment** at each station to adapt patient to the equipment.
5. **Transfer patient** to e.g. a wheelchair after completion of procedures.

Challenge

Patients with disabilities (e.g. wheelchair users) who can transfer independently often face repeated chair-to-chair movements between procedures. Additionally, this type of patient often lacks the mobility to reposition themselves in a regular chair. Unnecessary transfers and difficult repositioning slow workflow, increase patient fatigue, and add to staff workload.

Benefits

Reducing the number of transfers lowers the risk of falls, decreases patient stress, and improves staff ergonomics. It also saves time between procedures, promotes smoother patient flow through busy clinics, and supports accessibility for disabled patients by removing unnecessary barriers to examination.

5 Support small patients

How to

1. **Seat the patient** in the VELA Ophthalmology Chair and **position it** in front of the equipment.
2. **Activate the brake** to ensure safety and stability.
3. **Raise the seat height** to align the patient with the equipment. Allow small children to sit on their knees if necessary to reach appropriate height.
4. **Use armrests, backrest, and seat tilt** to provide additional support.

Challenge

Children and shorter adults may not be able to reach diagnostic equipment when seated in a regular chair. Improvised solutions, such as cushions, compromise stability and reduce examination quality.

Benefits

Appropriate seating adjustments ensure reliable imaging results and reduce the need for repeat exams. At the same time, patients experience greater comfort and security during the procedure.

6 Accessibility for obese patients

How to

1. **Fold back the armrests** to create more space for the body.
2. **Position the chair** to centre the patient at the device before **activating the brake**.
3. **Apply a mild forward seat tilt** to help the patient lean into the correct position.

Challenge

Patients with obesity may struggle to lean forward comfortably due to limited abdominal space. Improvised positioning increases discomfort, undermines patient dignity, and reduces image quality.

Benefits

Providing extra space and supportive adjustments allows patients with obesity to be examined safely and comfortably. This approach improves examination outcomes while maintaining dignity and respect.

NB: The VELA Ophthalmology Chairs accommodate patients up to 160 kg. For heavier patients please use the VELA Bariatric Patient Chairs.

7 Comfort for pregnant patients

How to

1. Create abdominal space by **folding back the armrests** and allowing patient to abduct legs.
2. **Activate the brake** to ensure a safe and stable position.
3. **Adjust the seat height** to the level of the diagnostic equipment.
4. **Tilt the seat** to support a comfortable forward-leaning position without risk of sliding. **Use footrest for support**.

Challenge

In the later stages of pregnancy, abdominal size can restrict forward-leaning postures, making regular chairs uncomfortable or impractical. Without adjustment, examinations may be stressful or incomplete, and results may be inaccurate.

Benefits

These adjustments allow pregnant patients to undergo examinations comfortably and without unnecessary strain.

Practitioners benefit from improved cooperation and more accurate diagnostic results.

VELA Medical :: Gøteborgvej 8-12 :: 9200 Aalborg SV :: Denmark :: +45 96 34 76 00 :: mail@vela-medical.com **vela-medical.com**