



# Benchmarking the use of Sternal Precautions in the UK

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# Benchmarking the UK

## Method:

An electronic survey distributed by social media and telephone

## Content of Survey:

Use of Precautions

Types of Restrictions

Length of Restrictions

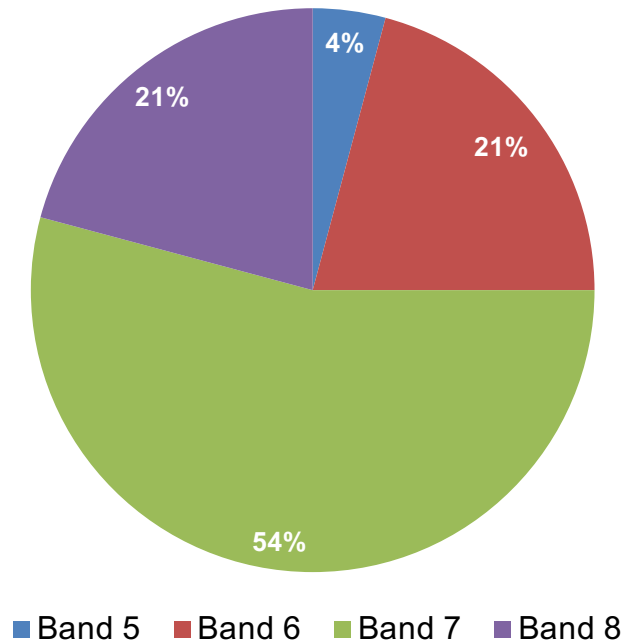
Why use the Restrictions

What is the centre policy based on

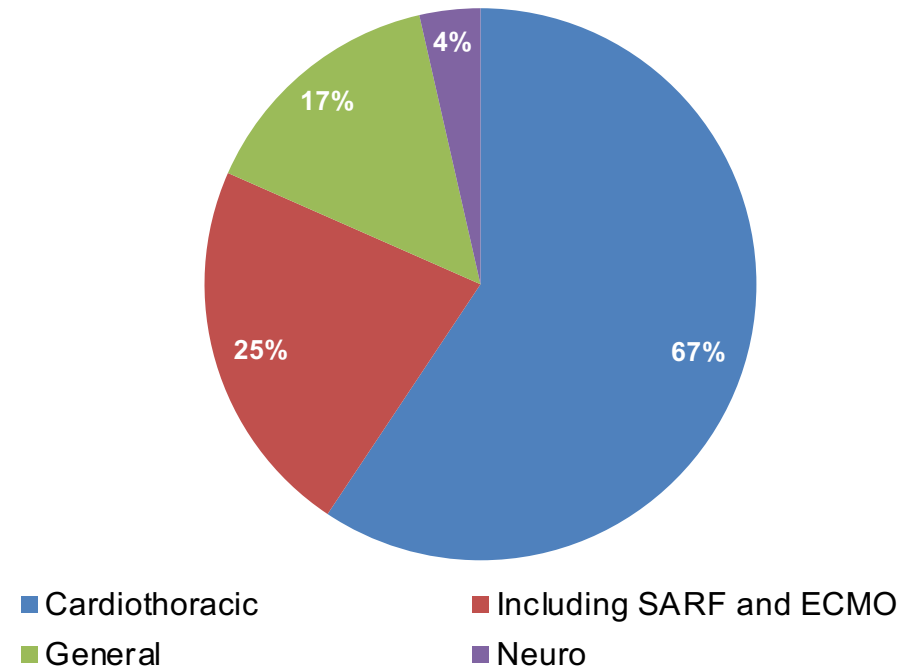
# Response

24 responses from 19 different centres

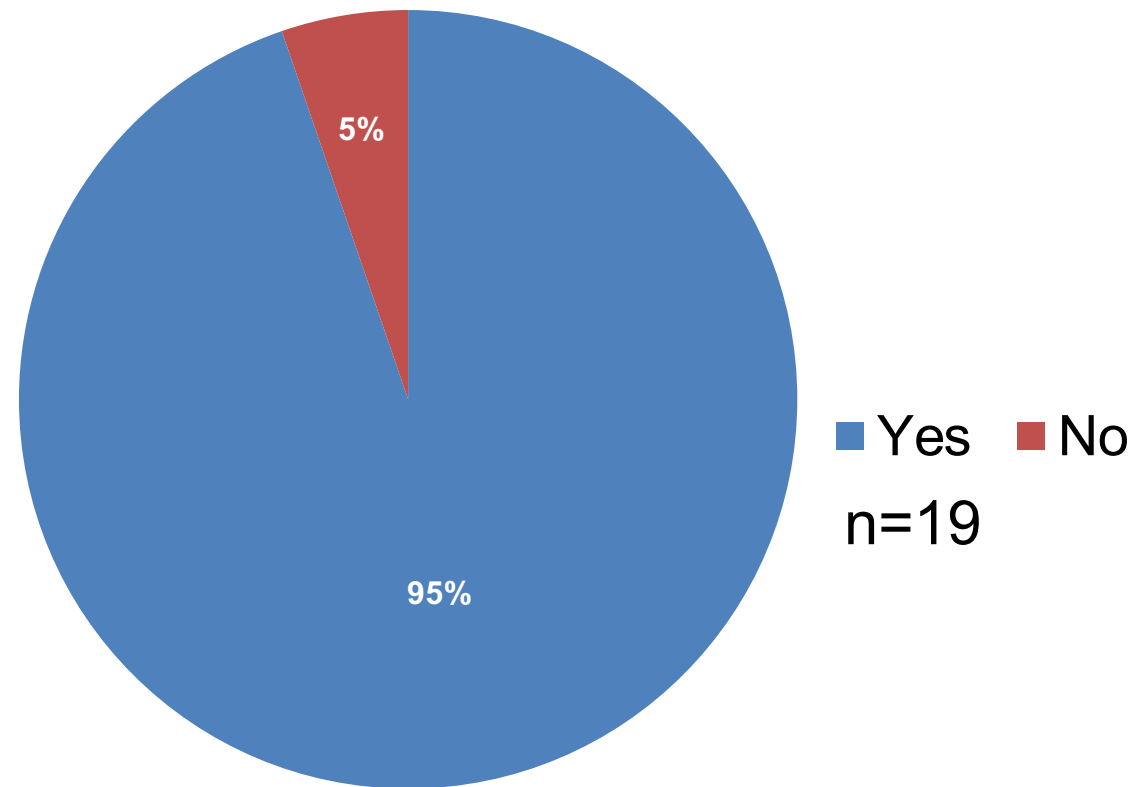
## Band



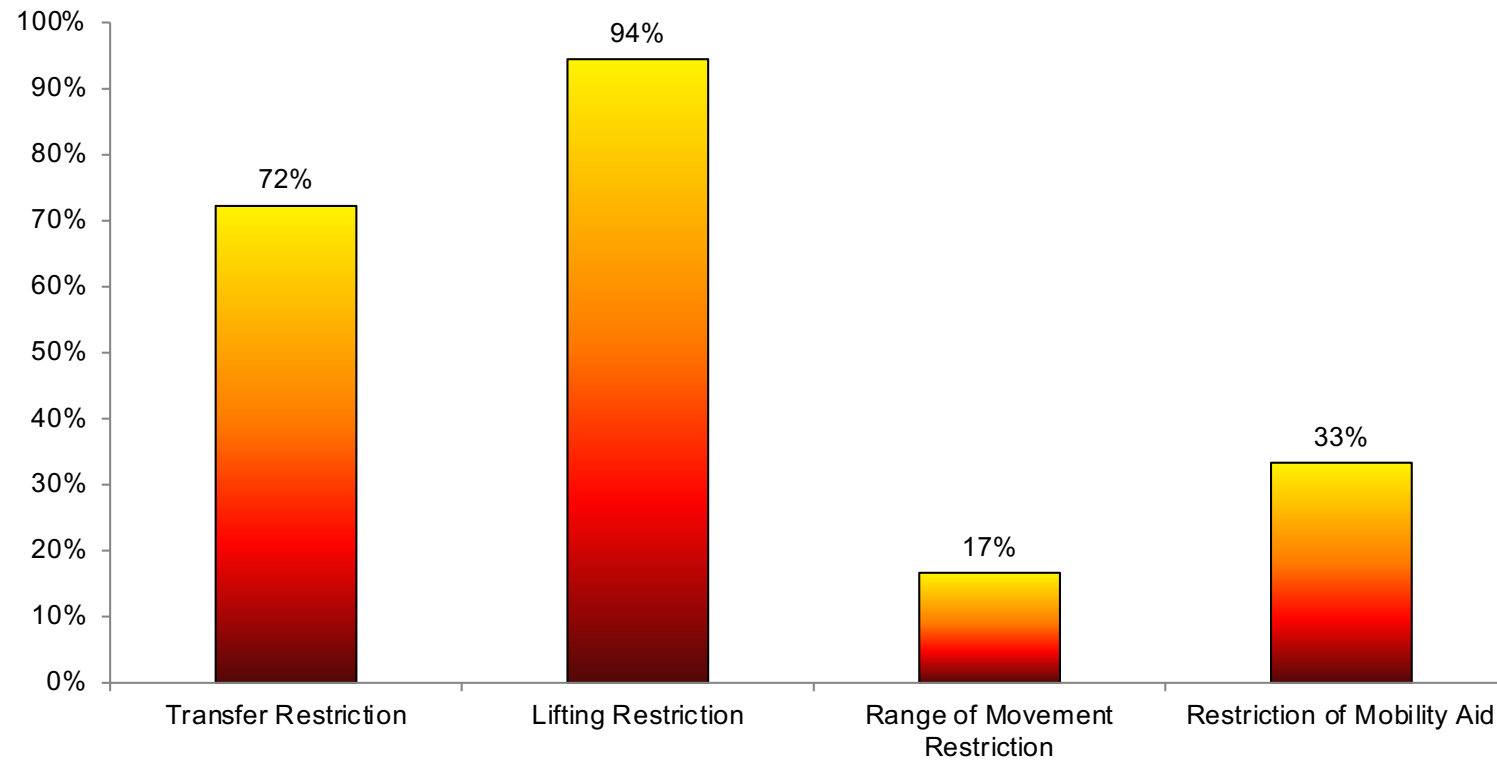
## ICU



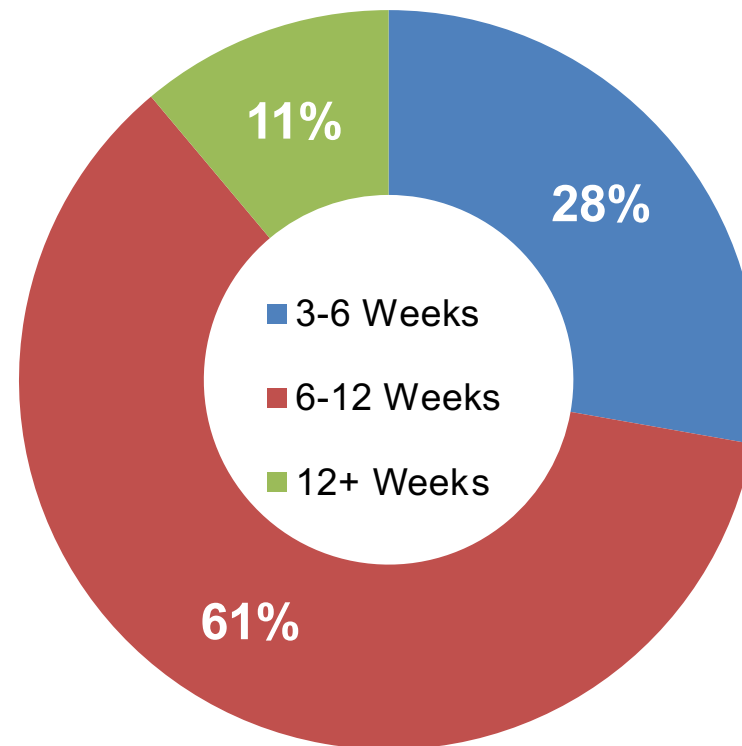
# Does your Centre use Sternal Precautions?



# What are the restrictions?

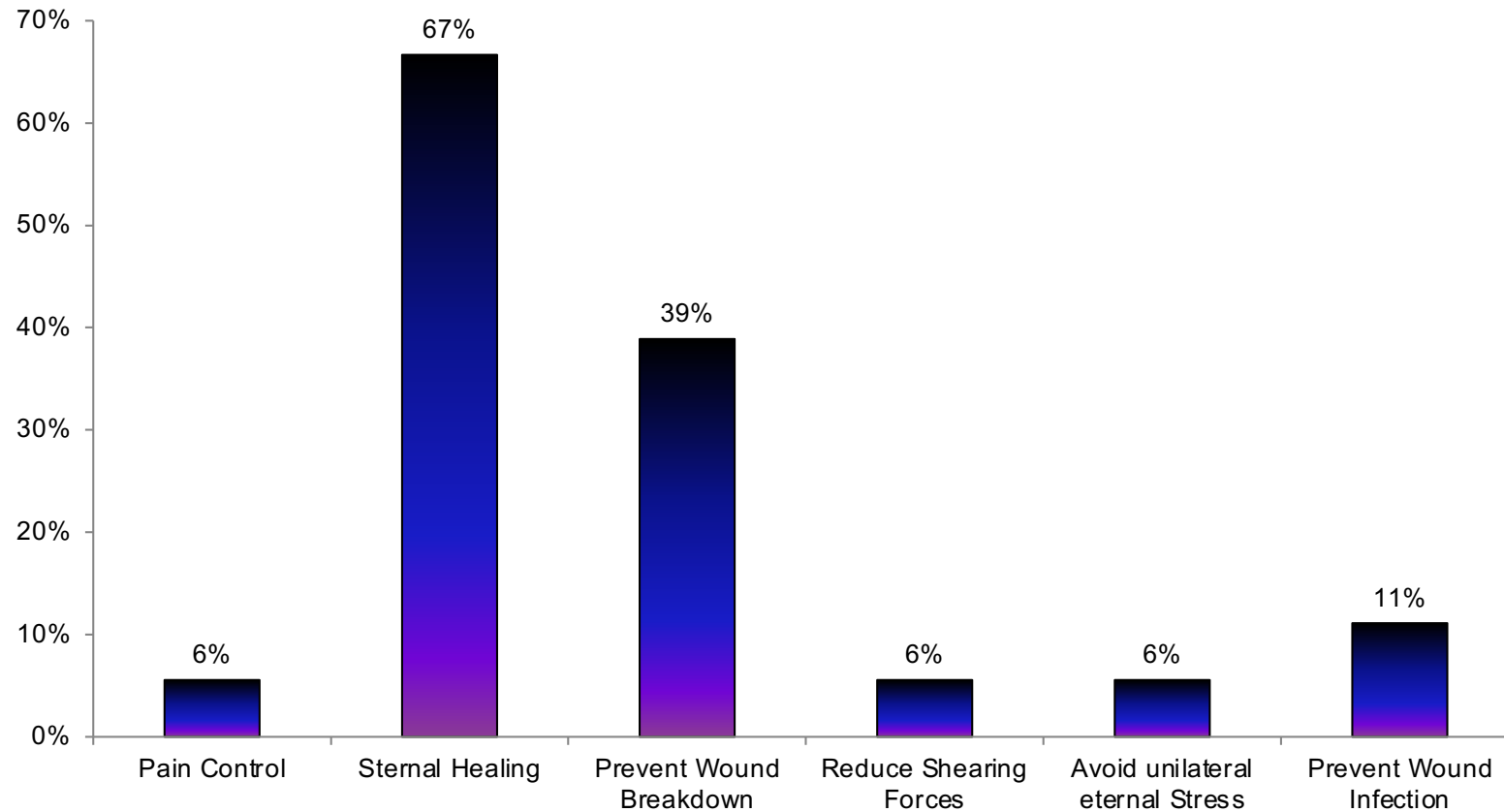


# For how long?

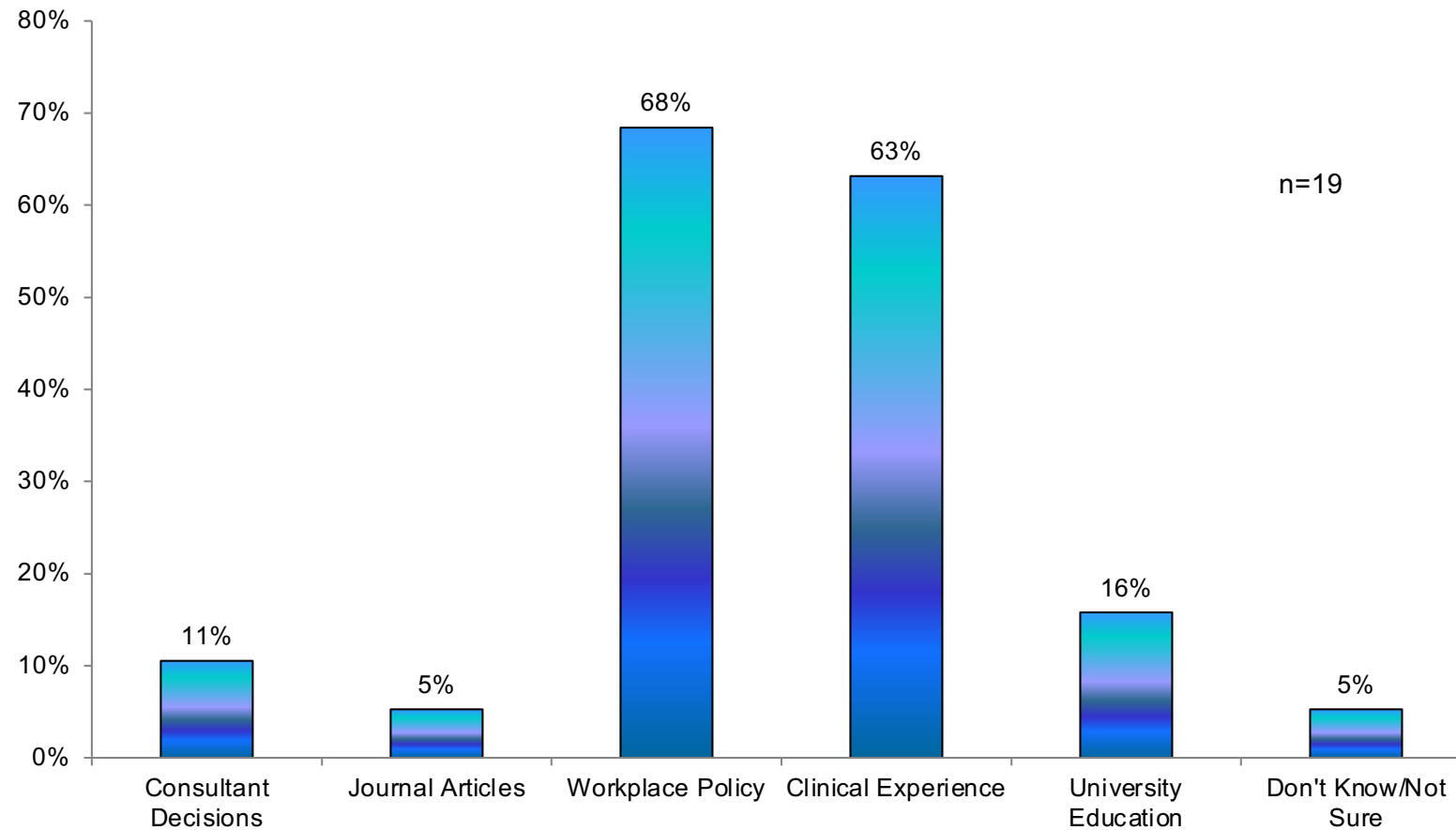


**n=18**

# What are the aims?



# What is the basis for this?





# Subjective Comments

It's very difficult to get the various consultants to agree on what can/ can't be done after surgery.

Restriction of mobility aids is consultant dependent

Surgeons keen for strict NWB ULs even if that means increasing length of stay

As physios we appreciate the lack of evidence however surgeons still ask following these recommendations to aid sternal healing.

There is widespread over precaution which is unnecessary and misplaced

Varies by consultant.

## Subjective Comments Cont.

Restriction of mobility aid is only enforced if patients are heavily dependent on one UL

Avoidance of activities/walking aids that require unilateral force through UL

Used as a guide, but may deviate with those dependant on ULs

Only one stick to be used if minimal weight bear through

## References

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