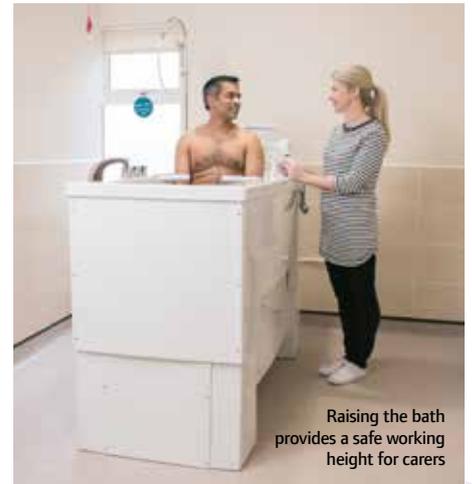




Case Study: The Marbrook Centre

Award-winning neurological and dementia care centre uses Gainsborough baths to deliver high quality assistive bathing

Project:	The Marbrook Centre, St Neots Cambridgeshire
Architect:	DWA Architects
Contractor:	Lawrence Baker
Installation:	4 x fully accessible bathrooms
Products:	2 x hi-lo baths with transfer seat/detachable transit trolley + Chromotherapy and Air Spa 2 x hi-lo baths with transfer seat



The Marbrook Centre is a purpose-built specialist neurological and dementia care centre near St. Neots, Cambridgeshire. This impressive, recently-built facility has 81 beds for service users with life-changing conditions such as Acquired Brain Injury, Spinal Injury, Stroke or Dementia.

The centre provides state-of-the-art rehabilitation, long term care and accessible Gainsborough Specialist Bathing solutions.



The Marbrook centre delivers the best care outcomes for service users and their families, in a contemporary high quality environment. Its neuro rehabilitation ethos is highlighted in the level of investment including a two bedroom pre-discharge training flat. This enables individuals and their carers to gain the required skills and confidence to move on.

All bedrooms have an en-suite wet room and easy access to a spacious accessible bathroom – each with a power assisted bath provided by Gainsborough Specialist Bathing. These assistive baths include bather transfer seats and variable height adjustment so that the highest quality care, safety and dignity can be provided for bathers along with safe working height for carers.

Easily controlled by a carer, each transfer seat lifts, rotates and lowers a bather into the bath in a safe and controlled manner. The bath and temperature controlled water can then be raised so that the service user experiences the hygienic and therapeutic benefits of bathing.

Currently the Marbrook Centre is being occupied in a phased approach and when running at full capacity, it will have a 100-strong multi-disciplinary clinical team specialising in neurological care. This advanced neuro rehabilitation facility incorporates cutting-edge design to ensure the utmost care provision. The Centre's specialist Dementia service utilises the University of Stirling's Dementia Design Best Practice, to enable each Marbrook resident to



Gainsborough baths provide safe bather transfers via a powered rotational seat and/or high-low adjustment



Colour coding to create a dementia friendly environment



be as independent as possible. This University is regarded as a world leader in ‘Dementia friendly’ design – hence has worked in partnership with the Marbrook Management team to deliver a ‘calm and friendly’ environment with a ‘sense of meaning’ for clients.

Best Practice features include colour coding of fixtures and fittings to assist with orientation and location, specific tonal variations between walls and floors to encourage confident walking, and wall mounted memory boxes containing objects of personal significance.

The exterior of the Marbrook Centre and its sensory garden is wildlife friendly thanks to input from the RSPB – adding to the overall vision for a place ‘full of life’ with a ‘sense of community’. There is an impressive specialist gymnasium onsite along with a salon, cinema, café, nine ‘rehabilitation’ kitchens and several multi-purpose entertainment rooms – all focused on encouraging as much independent activity as possible. The care team wear appropriate yet non-professional clothing to enhance the homely, less institutional atmosphere.

In terms of accessible baths, Gainsborough has been instrumental in helping The Marbrook Centre deliver safe and dignified bathing that is regarded as an ‘enjoyable occasion’. This is why the Marbrook team including C.O.O. Lisa McNaulty, and Head of Care Pathways, Robert Myers, selected Gainsborough

Specialist Bathing as it is a well-known and established specialist.

Robert comments: “We believe assisted bathing provides multiple rehabilitation benefits to our residents and can be for some, a far more pleasurable option than showering in an accessible wet room. We selected Gainsborough as our preferred bath supplier following a visit to the Care Show where this leading manufacturer showcased its range of hi-lo powered baths. Their product quality, committed service and varied design and installation experience impressed us along with an ability to add sensory features to the baths. Functions such as Chromotherapy and Air Spa enhance residents’ experience so that bathing sessions are both relaxing yet stimulating and help promote engagement with their key carers.”

Robert continues: “The simple fact that the bath and water are raised up and over the bather as opposed to the bather being lowered into water is an important psychological feature I would say. Moving and handling risk is minimised and safety maximised for both carer and bather through the variable height adjustment of each bath. The powered transfer seats can be detached to provide onward transit chairs. This provides a smooth and efficient transfer from bathroom to bedroom and eliminates the need to invest in ceiling track or mobile hoists.”

Robert adds: “The service we have received from Gainsborough has been exceptional from concept through to ongoing support. Before the bath fitting their technicians worked closely with the Contracts Manager to ensure all pre-installation works were completed and the bathroom design facilitated easy wheelchair manoeuvring and 360-degree carer access to the bath. Even when

we changed the specification of baths just before delivery, Gainsborough were able to accommodate our needs without impacting on the tight installation schedule.

Installation and commissioning were completed in a matter of days and we have been very pleased with the end result. Each Gainsborough bath adds to our ethos of providing unsurpassed care and help to offer meaningful activity to daily life here at Marbrook.”

“Gainsborough Specialist Bathing is exceptional to work with. The whole design, installation and bath commissioning process was smooth and fluid from start to finish. Every member of its highly professional team knew exactly what they were doing which made our job so much easier. They delivered on all their promises – they did everything we required and their timing was perfect.”

Derek Paramanis, Contracts Manager, Lawrence Baker

DWA Architects have worked on a number of projects with Gainsborough throughout the years, with the knowledge that our Clients will be receiving a state of the art product. The baths at the Marbrook Centre will provide the resident and care assistant with reassurance of a safe and comfortable environment.

Ray Mortimer, Architect, DWA Architects



Update: The Marbrook Centre

1 year after the Gainsborough installation, key member of the care team and service users deliver positive feedback regarding bath performance



Robert Myers, Head of Care Pathways



We want the process of rehabilitation to be a pleasurable experience for our patients and a bath provides exactly that; it's normalisation and yet a pleasure for the mind, body and soul that leaves

a sense of well-being. It is so much more than just getting clean. When you invest in a brand new neurological centre like Marbrook and create an excellent team of therapeutic staff, then it's really important that specialist equipment such as assistive baths are of the same high quality, working when and how you need them to.

It is fantastic to hear service users say how bathing can make them feel human again. Simply having the ability to stretch out and enjoy some "me time" is so therapeutic.

Neuro rehabilitation can involve a lot of physical exertion whether within the neuro gym and occupational therapy sessions or when learning to walk and cook again. Spending time in a high quality assistive bath, especially one with enjoyable spa features, can encourage true relaxation.

Moving and Handling considerations are essential for us at Marbrook as our care team is a key asset – this is why we have invested with Gainsborough Specialist Bathing. We want to prevent any possible back injuries caused by the transfer of bathers in the bathroom. A bath from Gainsborough means bathing is a safe and pleasurable experience for both carer and service user.



Video: [click or scan to watch](#)

David Whitten, Therapy Lead and Neuro Physiotherapist



I believe the Gainsborough baths play an important role in the rehabilitation therapy we provide for our clients. For clients who are unable to access a bath at home, the baths at Marbrook provide

enjoyment and become a pleasing part of the daily routine. If a patient's rehabilitation requires them to be here for a long period of time, then providing something that is enjoyable, such as bathing, helps to maintain engagement which is so important.

We have found that the provision of bathing works particularly well for individuals who have increased tone or spasticity. It is evident that tone reduces when patients are in warm water, whether in hydrotherapy or an assistive bath. This enables therapists to help patients stretch which in turn increases range of movement. So bathing is beneficial by reducing the tone that would normally hold a patient quite rigid and this in turn promotes relaxation.

Bathing can indeed provide positive clinical, mental-health and emotional well-being benefits.

Bathing and stretching are very much part of the therapy programme for our long-term service users who have complex needs including high tone.

The best feature of the Gainsborough Bath is its depth, allowing easier access and water coverage for people with varying contractures, than could be achieved with a normal bath.

The height-adjustable option on the Gainsborough bath means we do not place our carers at risk by compromising on health and safety or moving and handling procedures.

Not all Marbrook patients can access a bath chair and require the use of a bath hoist. The Gainsborough bath provides ample access underneath allowing our hoists to be positioned close enough for safe, secure patient lowering.



Video: [click or scan to watch](#)

Gentona with bather transfer system



The latest, highly efficient Gentona bath provides variable height and a powered bather transfer seat for safe and controlled accessible bathing. This streamlined seat has been redesigned to improve usability, durability and infection control. There is also the option for it to be detachable and compatible with a stainless steel trolley that provides seamless transfers between toileting and bedroom areas. This can negate the need for ceiling track and mobile hoists in many situations.

Ideal for dementia care, the Gentona delivers a relaxing and engaging bathing experience and is available with sensory stimulating features such as Hydrotherapy, Chromotherapy and Bluetooth sound.



Video: [click or scan to watch](#)



Rose Ware, Senior Occupational Therapist



I believe bathing is a wonderful therapy tool. We know patients benefit from hydrotherapy in terms of treatment and pain relief but they also become much more

relaxed in water generally. Water promotes the feeling of weightlessness and for our patients with hi-tone or spasticity, it acts as a relaxant. Our users report they feel better having bathed. One of our less dependent patients tells us she enjoys the bath significantly.

Showering isn't always a possibility for our high dependency patients and rather than a bed-bath or strip-wash, it is important at Marbrook that we can offer a positive alternative in

bathing. I believe bathing is really good for our more dependant and complex patients.

Quite often we find when people arrive at Marbrook, they have been unable to bathe for some time. This is particularly true when people come to us from an acute hospital trust where baths are rarely available.

The Gainsborough bath is far more advanced than the average domestic bath used elsewhere, providing real advantages for patients with higher dependency and needs as well as for their carers. For instance, as the bath has access on both sides, you can properly support a person with one-sided weakness which is crucial. The Gainsborough bath provides 360-degree access which is really important when caring for, and engaging with, a service user.



Video: click or scan to watch

Carla Westley, Therapy Assistant



We always assess a patient's suitability for using a bath. We need to make sure that service users will be secure in a chair lift or can be hoisted in safety. Once an

assessment is completed, patients can have a bath when they want and for some, bathing is very much part of their personal therapy programme.

A bathing cycle on average takes about an hour which includes set-up, transfer and

relaxation time. The service users in particular love Gainsborough's Air Spa features. One patient who has high tone and is quite contracted in her muscles particularly enjoys this element of bathing and finds the whole process very relaxing.

As we use a lot of bathing equipment at Marbrook, it is important that everything is easy to use and uncomplicated. This helps make the whole bathing experience more pleasurable for both user and carer and an event that people look forward to.

Bathing is a relaxing form of rehabilitation therapy. We can really notice when a patient has had a bath as it lifts their mood and makes such a difference.

Chelsea Arlow, Rehab Coach



I provide daily living care for residents with a variety of conditions including brain injury, Stroke and MS, and a few patients are also paraplegic. One of my patients has a severe

hypoxic brain injury which means she lives in a state of semi-consciousness and is unable to communicate. However, if we give her a shower, utilising a shower trolley, she really doesn't like it.

On the other hand, when we place her in the bath, she smiles - which is lovely for her and us. This lady has been at Marbrook for nearly a year now and I believe being able to have frequent baths has been beneficial for her. Not only does she seem to enjoy them but having a bath benefits her muscles which are normally very tight. We have found the bath an ideal place to help her stretch out her arms and legs, and because she is relaxed and safely immersed in warm water, her muscles loosen up as a result.



Video: click or scan to watch



Ed Riches, Support Services Manager

I joined Marbrook following the installation of the four baths we have here, which are additions to our residents' ensuite facilities. It is important that we offer flexibility and for those patients who have complex needs and cannot utilise the ensuite facilities, we need to have the four larger separate bathrooms.

We try to be flexible in our bathing regime. We realise with colder weather and darker wintry days, bathing can be very warming for our residents.

Gainsborough visit us to service our baths and I cannot fault them during the warranty period. We have had a few small issues and the engineers have arrived quickly and got things done.

When a situation arises, Gainsborough are with us quickly and the engineers are professional and efficient.

I can see the benefits of the Gainsborough baths. They are user-friendly and provide a pleasant bathing experience. The hi-lo function is a big health and safety benefit for our staff.



Video: click or scan to watch



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