

Monarch™ Airway Clearance System

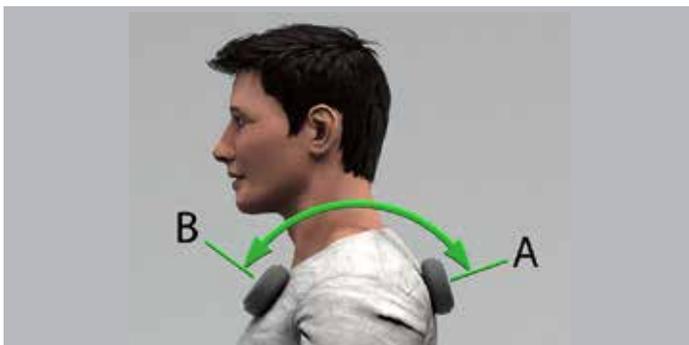
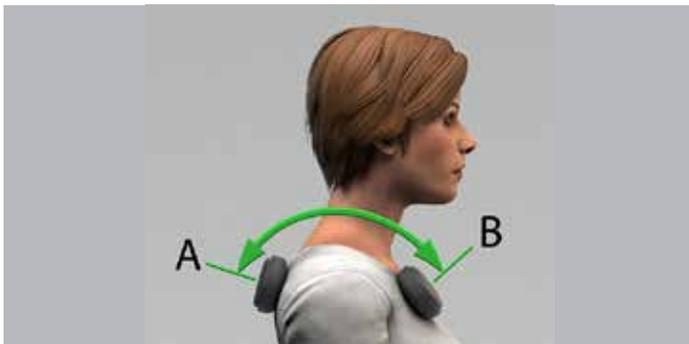
Garment Fitting Guide



The Monarch™ Garment can be personalized to fit the patient's body. Over time, the patient may need to make adjustments to alter the fit depending on how their body shape changes.

Take two measurements to determine the initial garment fitting, then use the checklist to ensure the fit is personalized to the patient and make adjustments accordingly.

Shoulder Strap Adjustment



This measurement allows for proper pulmonary oscillating disc (POD) placement on the body. Measure the shoulder height with a flexible tape measure.

1. Place the end of the flexible tape measure in position **B (front)**, 1.5 inches below the collar bone.
2. Ask the patient to hold the end of the measuring tape in place.
3. Pull the tape measure taut over the shoulder to position **A (back)**, mid-shoulder blade or 1.5 inches below the top of the shoulder blade.
4. Write the shoulder length in the Shoulder Measurement field below.
5. Use the table to determine the adjustment needed to the shoulder strap.

Shoulder Measurement: _____

Shoulder Measurement	Adjustment Line
10" (25.4 cm)	All of the orange lines are covered by the shoulder strap (top shoulder strap touches the back panel and it is the smallest fitting).
11" (27.9 cm)	1 orange line is visible
12" (30.5 cm)	2 orange lines are visible
13" (33.0 cm)	3 orange lines are visible
14" (35.6 cm)	4 orange lines are visible (top shoulder strap covers the last line and it is the largest fitting)

- Undo the vest shell from the shoulder strap.
- Open the shoulder pad, and remove the pad from the garment to free the shoulder straps for adjustment.



- Slide the top stretchable band over to access the adjustable strap.
- Separate and adjust the shoulder strap to show the numbers of lines determined by the chart from the measurement taken.



- Once the strap is set to show the correct number of orange lines, firmly press the shoulder straps together to secure it.



- Slide the top stretchable band over the adjustable shoulder strap.
- Place the cushion of the shoulder pad under the shoulder strap with the tag facing up.
- Wrap the shoulder pad panels around the shoulder straps and firmly press the shoulder pad panels together to secure it.

- Reattach the vest shell to the shoulder pad. If the vest shell is not sticking to the shoulder pad, ensure the flap is not covering the vest shell fastener and the shoulder pad is attached correctly to the shoulder strap.
- Repeat steps 7–14 on the other shoulder strap.

Torso Adjustment

This measurement ensures the PODs are snug but not too tight against the body. Measure the mid-torso with a flexible tape measure.

- Place the end of the tape measure on the side of the mid-torso, in line with the sternum.
- Ask the patient to hold the measuring tape on their side.
- Walk around the back of the patient while allowing the measuring tape to wrap around the patient's torso.
- Ensure the measuring tape is in line with the patient's sternum to get the mid-torso measurement. Different body shapes may need the patient's assistance to ensure the measuring tape stays in the proper placement for an accurate measurement.
- Pull the tape measure tight around the torso as shown in the image for position **C**.



- Write the mid-torso measurement in the field below.
- Use the table to determine the torso clip loop needed to secure the torso clip.

Mid-Torso Measurement: _____

Mid-Torso Measurement	Torso Clip Loop
22"-24" (55.9-61 cm)	1 (closest to the back panel or smallest fitting)
25"-27" (63.5-68.6 cm)	2
28"-30" (71.1-76.2 cm)	3
31"-33" (78.7-83.8 cm)	4
34"-36" (86.4-91.4 cm)	5
37"-39" (94-99.1 cm)	6
40"-42" (101.6-106.7 cm)	7
43"-45" (109.2-114.3 cm)	8
46"-48" (116.8-121.9 cm)	9
49"-50" (124.5-127 cm)	10 (furthest from the back panel or largest fitting)

Personalizing the Fit

1. Place arms through the openings under the shoulder straps.
2. Pull the garment forward so the back is pulled against the body.
3. Zip up the front enclosure to the top of the garment.
4. Close the cam buckles on either side of the garment to secure the garment to the body.

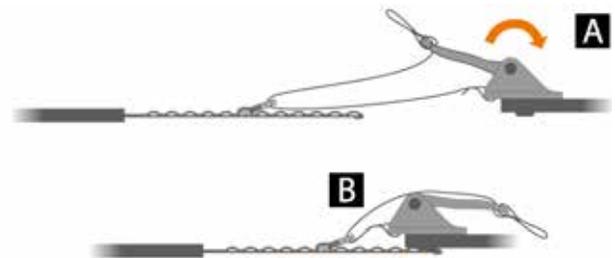
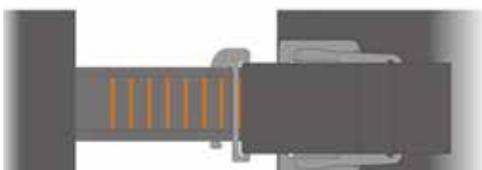
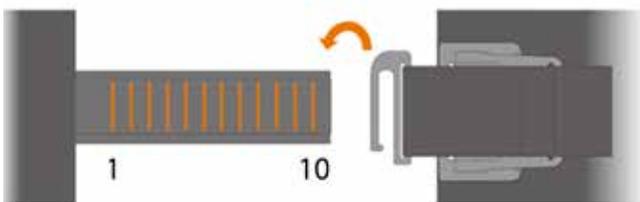
Cam Buckles Closure



8. Slide the clip into the appropriate loop to accommodate the torso measurement.

Garment Back Panel

Garment Front Panel



- **To close**—hold and pull the cam buckle in the direction of the arrow (A) to close the cam buckle (B) as noted in above image.
- **To open**—hold and pull the cam buckle in the opposite direction of the arrow to open the cam buckle.

5. Shift the garment forward as if putting on a backpack. This will help ensure the garment is in proper position as gravity tends to pull the back of the garment down as it is being placed onto the body.

6. Checklist for a Personalized Fit	Remedy
<input type="checkbox"/> Top of the upper front PODs should sit below the collarbone	If PODs are touching the collarbone, lengthen shoulder adjustment.*
<input type="checkbox"/> Bottom of the upper back PODs should sit at mid-shoulder blade	If PODs are below mid-shoulder blade, shorten shoulder adjustment.*
<input type="checkbox"/> Lower front PODs should sit on the ribs	If PODs are below the patient's ribs, shorten shoulder adjustment.*
<input type="checkbox"/> Lower back PODs are in full contact with the patient's body	If PODs are not touching the body, tighten torso adjustment.*
<input type="checkbox"/> Patient can comfortably take a deep breath	If patient says it feels tight, loosen torso adjustment.*

**To get a personalized fit it may be sufficient to adjust the shoulder strap in-between the orange lines and/or adjusting one side of the torso band by a single loop.*

NOTE: To remove the garment—first disengage the cam buckles and then unzip the garment. Remove one shoulder at a time, like removing a backpack.

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