



Hillrom™



**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 for body shape changes, comfort, or other need.

Take three measurements to determine if the patient is a good candidate and what the initial garment fitting should be, then use the checklist to ensure the fit is personalized to the patient and make adjustments accordingly.



Pulmonary Oscillating Disc (POD) Fit Assessment

This helps position the PODs correctly on the patient's torso so the garment is both effective and comfortable. Measure with the POD Fit Assessment Tool.

1. Remove the POD Fit Assessment Tool from the product introduction folder.
2. Ask a second person to help use the assessment tool with the patient. If a second person is not available, the patient can do this while standing in front of a mirror.
3. Ensure the patient is wearing only one layer of clothing equivalent to a standard cotton thickness.
4. Place the top of the tool just below the collarbone, at the upper arrow as indicated.
5. Lay the tool flat against the torso and bring it down across the chest, towards the lowest rib.
6. NOTE: For patients with breast tissue, take the measurement from the side of the torso, as pictured to the left. Lay the tool just below the collarbone and bring it down alongside the breast tissue, towards the lowest rib.
7. Identify the color (if any) on the lower circle that falls just below the lowest rib and write it in the space below.

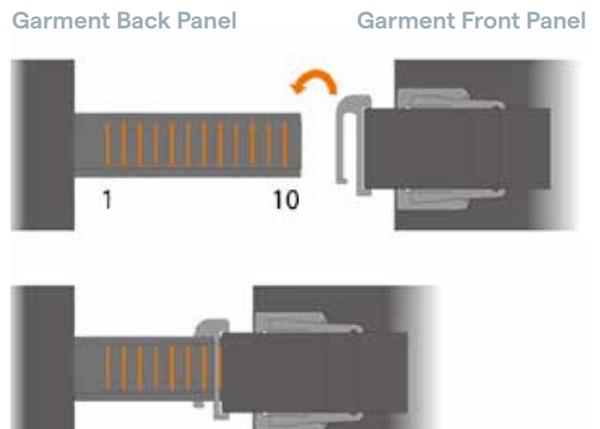
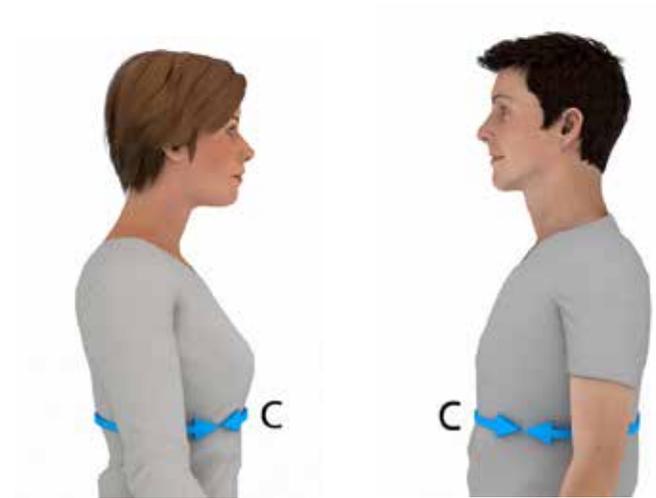
■ Color indicated: _____

POD Color Measurement	Indicator
Green	Indicates the PODs will sit on or above the lower front rib cage as intended. Patient is a good candidate for the Monarch® System if the mid-torso measurement is between 22"-50".
Yellow	Indicates the PODs may sit lower than intended on the lower front rib cage. Consider using blue foam or Shoulder Lift Pads for optimal POD placement.
Red	Indicates the PODs will not sit as intended and fall too far below the lower front rib cage. Patient is not a candidate for the Monarch® System.

Mid-Torso Adjustment

This measurement helps to achieve a snug POD fit without fitting too tightly against the body. Measure the mid-torso with a flexible tape measure.

1. Place the end of the tape measure on the side of the mid-torso, in line with the sternum.
2. Ask the patient to hold the measuring tape on their side.
3. Walk around the back of the patient while allowing the measuring tape to wrap around the patient's mid-torso.
4. 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 make sure the measuring tape stays in the proper placement for an accurate measurement.
5. Pull the tape measure tight around the mid-torso as shown in the image for position C.
6. Write the mid-torso measurement in the field below.
7. Use the table to determine the torso clip loop needed to secure the torso clip.
8. Proceed with fitting adjustments on the garment if the mid-torso measurement is within required parameters 22"-50".
9. Use the table to determine the torso clip loop needed to secure the torso clip.
 - Mid-Torso Measurement: _____
10. Slide the clip into the appropriate loop to accommodate the mid-torso measurement.

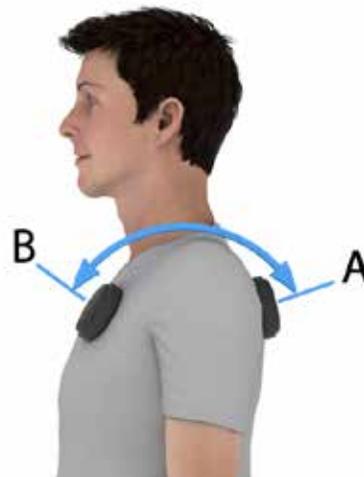


Mid-Torso Measurement	Torso Clip Loop	Mid-Torso Measurement	Torso Clip Loop
22"-24" (56-61 cm)	1 (closest to the back panel or smallest fitting)	37"-39" (94-99 cm)	6
25"-27" (63-69 cm)	2	40"-42" (101-107 cm)	7
28"-30" (71-76 cm)	3	43"-45" (109-114 cm)	8
31"-33" (78-84 cm)	4	46"-48" (117-122 cm)	9
34"-36" (86-92 cm)	5	49"-50" (124-127 cm)	10 (furthest from the back panel or largest fitting)

Shoulder Strap Adjustment

This measurement allows for proper POD placement on the body. (A) and (B) are the ideal POD contact points. 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 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" (28 cm)	1 orange line is visible
12" (31 cm)	2 orange lines are visible
13" (33 cm)	3 orange lines are visible
14" (36 cm)	4 orange lines are visible (top shoulder strap covers the last line and it is the largest fitting)

Shoulder Strap Adjustment continued

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



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



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



11. Slide the top stretchable band over the adjustable shoulder strap.

12. Place the cushion of the shoulder pad under the shoulder strap with the tag facing up.
13. Wrap the shoulder pad panels around the shoulder straps and firmly press the shoulder pad panels together to secure it.
14. 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.
15. Repeat steps 7-14 on the other shoulder strap.

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.
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.



Cam Buckles Closure



A 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.



B TO OPEN

- Hold and pull the cam buckle in the opposite direction of the arrow to open the cam buckle.

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 adjust 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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ABOUT HILLROM

Hillrom is a global medical technology leader whose 10,000 employees have a single purpose: enhancing outcomes for patients and their caregivers by advancing connected care. Around the world, our innovations touch over 7 million patients each day. They help enable earlier diagnosis and treatment, optimize surgical efficiency and accelerate patient recovery while simplifying clinical communication and shifting care closer to home. We make these outcomes possible through connected smart beds, patient lifts, patient assessment and monitoring technologies, caregiver collaboration tools, respiratory care devices, advanced operating room equipment and more, delivering actionable, real-time insights at the point of care. Learn more at hillrom.com.

For more information, please contact your local distributor or Hillrom sales representative at 1-800-426-4224.

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