



Are you able to do what you want to do?

Linda Valent: Human Movement Scientist/
Occupational therapist (Seating Advisory Team)
Heliomare, Wijk aan Zee, the Netherlands

Heliomare new project idea: Wheelchair assessment platform



Check your
sit(ting posture)

-Is the website (or are parts of it) valuable for wheelchair users in more European countries?

<https://www.checkjezit.nl/english/>

Example of look homepage

- **Content of website**
 - Demo of the site and screeningtool.
- **Evaluation of the website**
 - Who are the visitors and who fill in the screeningtool?
 - Do wheelchair users think the site/screeningtool is useful ?
- **Database (of the screeningtool)**
 - Monitoring wheelchair-related problems; useful for national policymakers
 - Research-collaboration; comparison countries etc.?
- **Do we want to make the site available for more European wheelchair users?**
 - Which parts of the website are valuable/suitable for other countries ?
 - Especially (or only?) the screeningtool?
 - How can we integrate this idea with existing websites/organisations in other countries
- **How can we collaborate ?**

CHECK JE ZIT

Op de website checkjezit.nl kun je checken of je goed zit en rijdt in je rolstoel

On the website you can check if your sitting posture and rolling/propulsion is optimal in your wheelchair



Vaardig en wendbaar ?

Kun je doen wat je wilt doen?

Check je zit

Why this website

As a wheelchair user it is difficult to find objective information about the suitability of the sitting and rolling characteristics ((and interface) of the hand rim and powered wheelchair.

The screening-tool helps to perceive and prevent seating/rolling-related problems. The report can be downloaded. The screening-report is useful to give insight and helps solving wheelchair problems. You can discuss the results with your wheelchair supplier and your occupational or physical therapists.

CHECK JE ZIT IS EEN INITIATIEF VAN...



MEDE MOGELIJK GEMAAKT DOOR



IN SAMENWERKING MET...



Energiek of snel vermoeid?

Zit je wel goed?

Functioneel en comfortabel ?

Kun je overal komen?

Basic principles sitting and rolling (in theory)

- Basic principles sitting
- Basic principles rolling
- Wheelchair types
- Wheelchair-user-interface
- Wheelchair skills

How do we optimize sitting and rolling (in practise)

- Know your physical (in)capabilities
- Know your user requirements
- Optimal translation in wheelchair
- Advice of peer supporters and professionals

el en

pel ?

komen?

Website www.checkjezit.nl



Home

Goed zitten en rijden

How suitable is your wheelchair?

Checklists en links

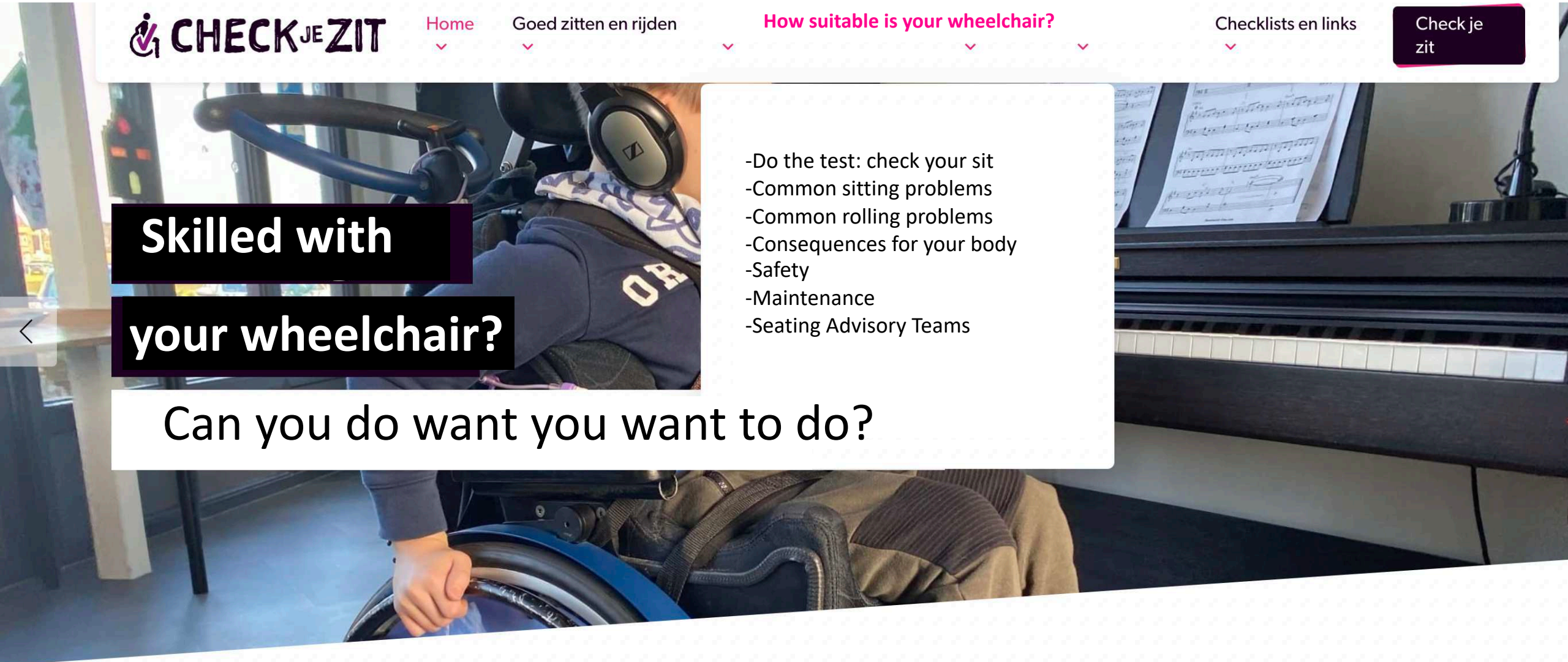
Check je zit

Skilled with

your wheelchair?

Can you do want you want to do?

- Do the test: check your sit
- Common sitting problems
- Common rolling problems
- Consequences for your body
- Safety
- Maintenance
- Seating Advisory Teams



[Checklists rolstoelpassing](#)

[Tips van de boekenplank](#)

[Links](#)

Energ

or easily tired?

Are you sitting optimally?



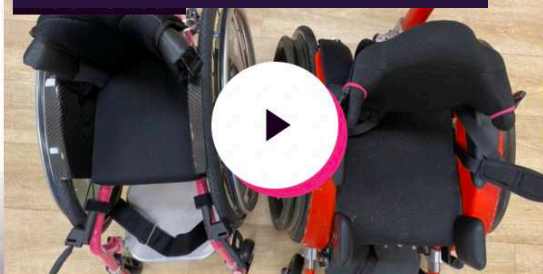
Videotips

Scroll down for videotips of wheelchair users with different diagnoses and ages

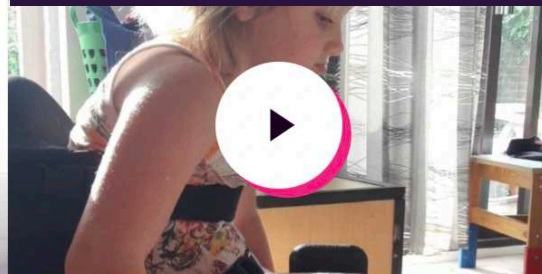
Children in the wheelchair

Susa en Stef

A lighter wheelchair for Susa



Susa (5 yrs) showing her wheelchair



Stef and his modular seating system



Check your sit

Screeningtool

[Home](#) > [Hoe geschikt is je rolstoel?](#) > [Check je zit](#)

Check je zit

How appropriate is your sitting

Stap 6 van 29

20%

What type of wheelchair do you use predominantly ?

- Electric wheelchair
- Hand rim wheelchair
- Foot-propelled wheelchair
- Push wheelchair

How many hours a day are you sitting, in your wheelchair on average ?

Hours/daily

Check your sit

Stap 13 van 29

44%

Do you experience sitting to be painful, in general?

- Never
- Sometimes
- Regularly
- Often
- Always (daily)

previous

next

Evaluation website

www.checkjezit.nl

From 1 of July until 15th of December:

🦿 2700 visitors

🦿 Visiting (on average) 6 pages

🦿 Stay on the website for 4 minutes (on average)

🦿 The screeningtool appears to be the most popular

🦿 Screening has been filled in by 166 persons

(who agreed to stay (anonymously) in the database)

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checken of je goed zit en rijdt in je rolstoel



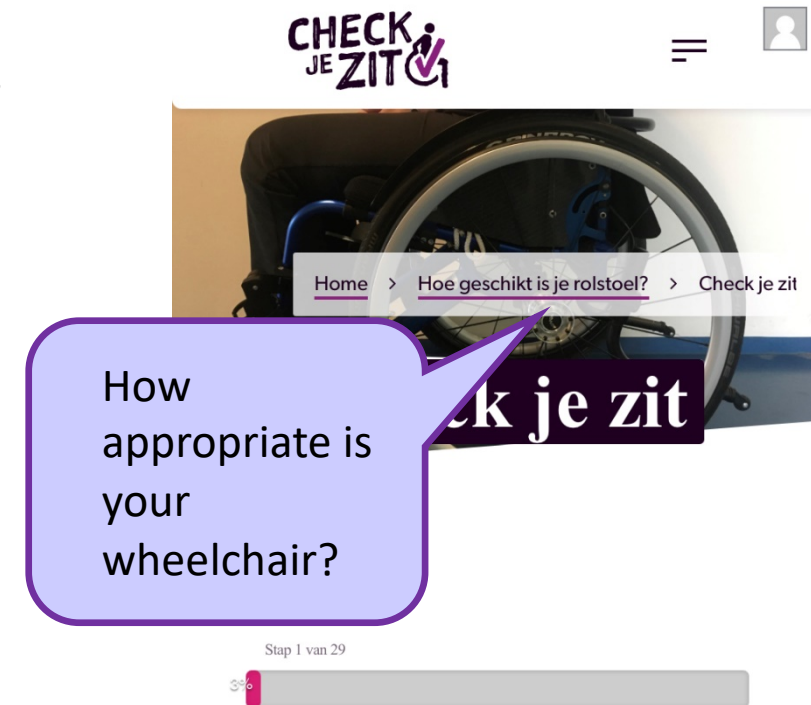
 **CHECK JE ZIT**

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checken of je goed zit en rijdt in je rolstoel



Database Checkjezit screening

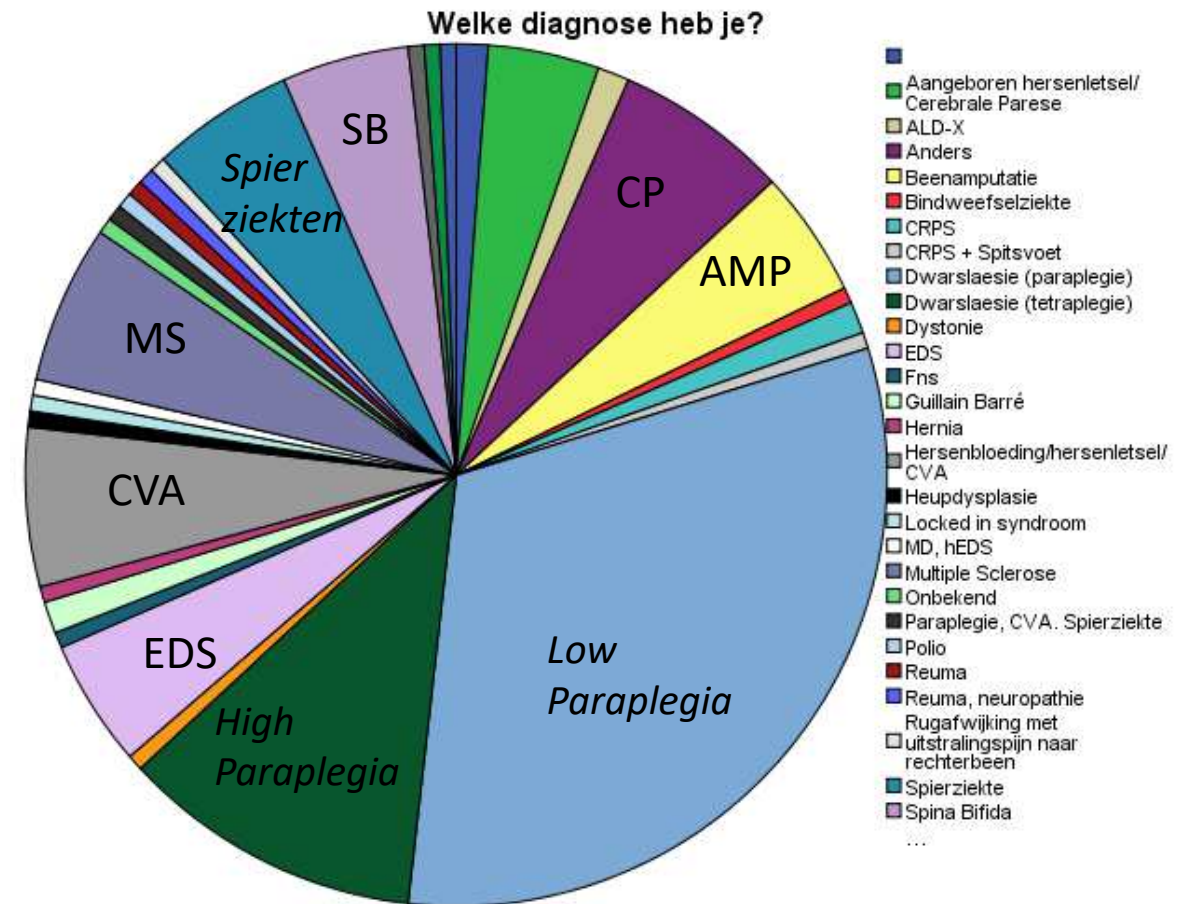
- 🦽 Screeningtool; first aim to help wheelchair users
- 🦽 (Growing) database is nice (but not the most important)
- 🦽 Gives insight in seating problems e.g. pain, fatigue, instability, pressure ulcers etc.



Who fill in the screening?

- 🦽 In total 166 wheelchair users
- 🦽 Both women and men

Which diagnoses are involved?:



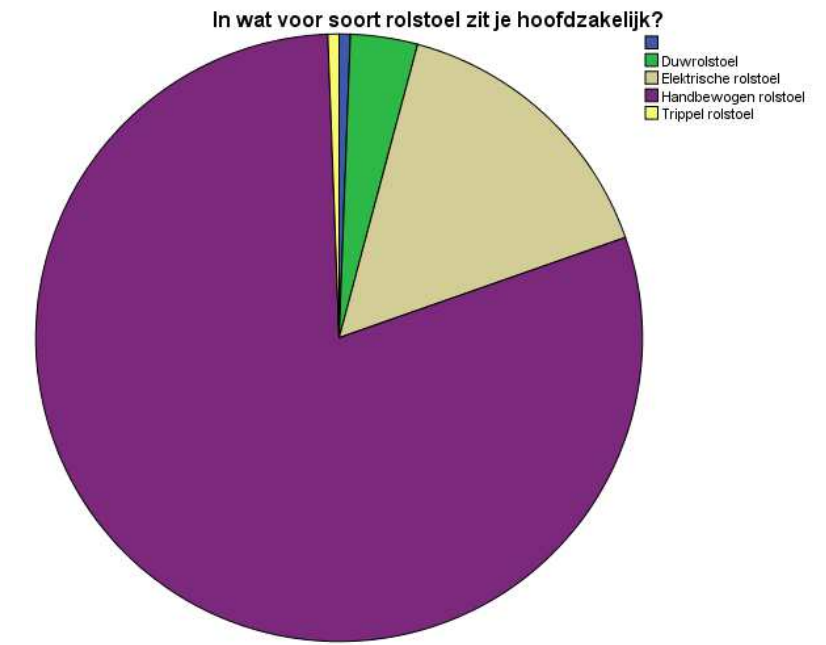
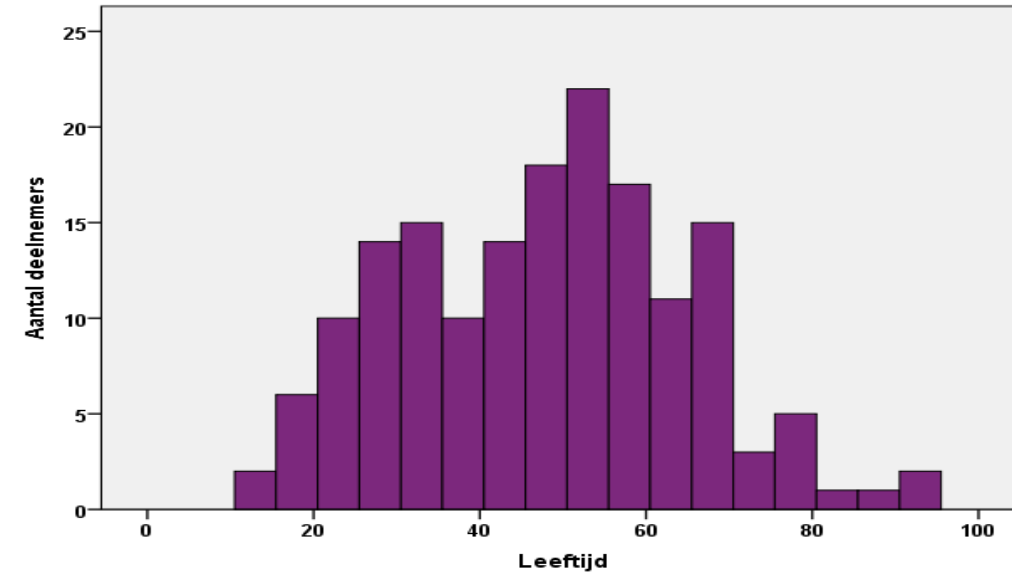
Who fill in the screening?

All ages!

youngest: 13yrs, eldest 92 yrs

Mean age: 48 yrs

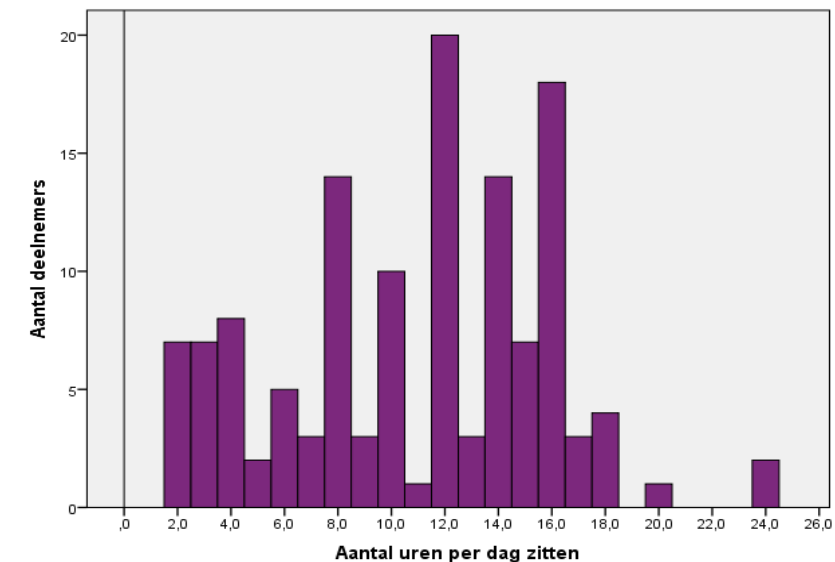
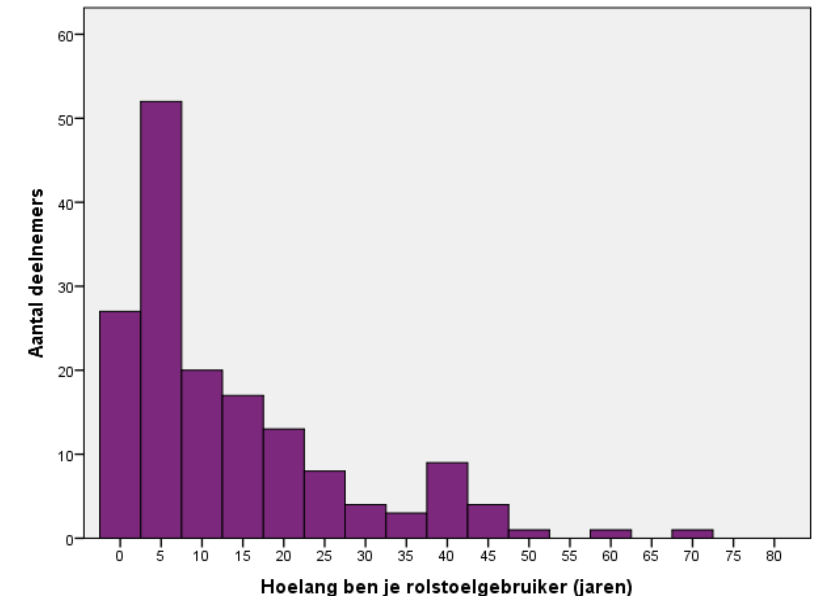
Mainly handrim wheelchair users (78%)



Who fill in the screening?

 Participants have been in the wheelchair for approximately 13 years (n=160)

 11 (± 5) hours/day in the wheelchair, (n=132)

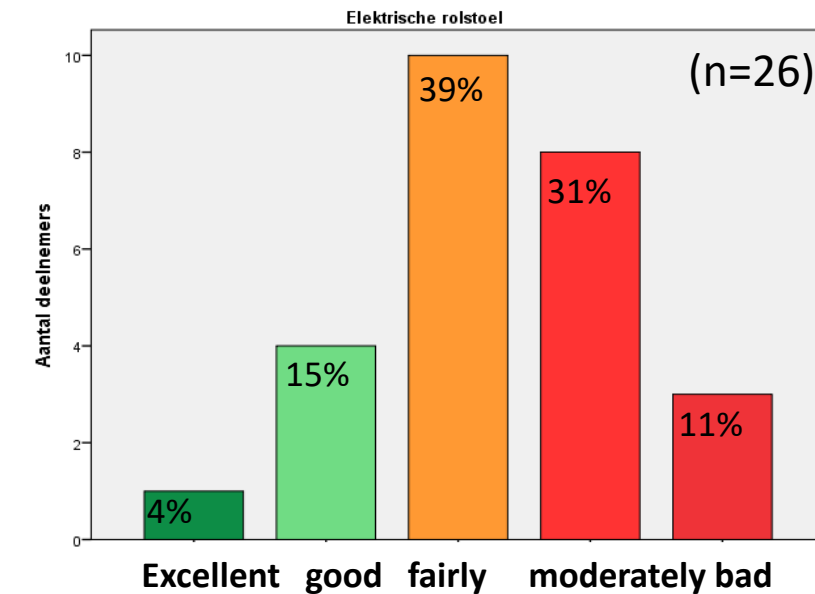
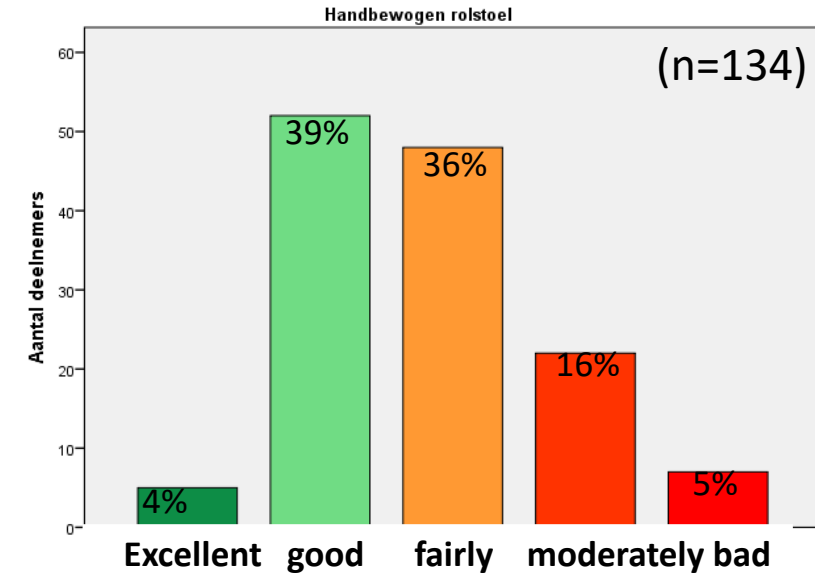


Review sitting

How do you rate the sitting position in the:

Manual wheelchair?

Electric wheelchair? (only a small group!)

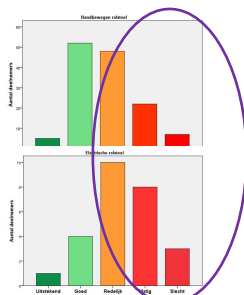
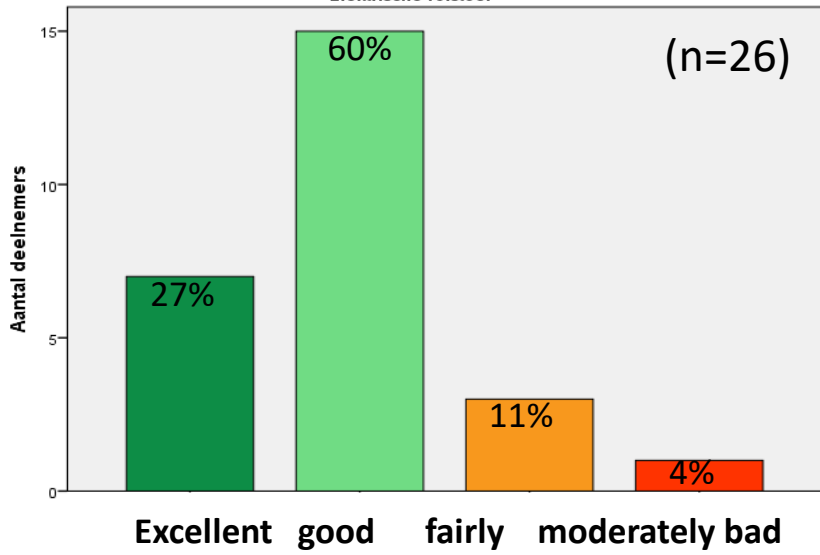
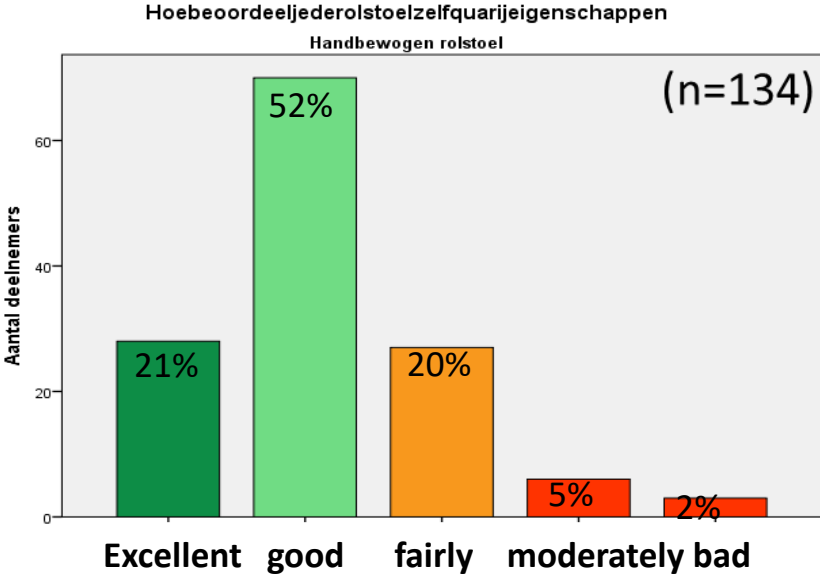


Review rolling-characteristics

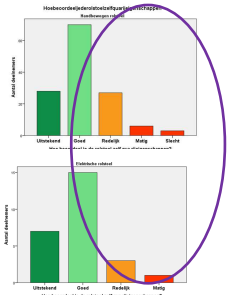
How do you rate the driving (rolling) characteristics of the:

Manual wheelchair

Electric wheelchair? (small group!)



Sitting scores are worse than driving



Valuable information in database (n=250)

Example:
location and severity
of experienced pain during sitting

In geval van pijn tijdens zitten, waar heb je meestal pijn (locatie) en hoe ernstig is de pijn (pijn-score)?

	Geen pijn	Niet ernstig	Beetje ernstig	Matig ernstig	Ernstig	Zeer ernstig
Nek/hoofd	37	20	14	30	8	1
Rug ter hoogte van de schouderbladen	35	19	22	17	15	2
Midden rug	26	19	21	28	13	3
Lage rug	8	9	20	26	35	19
Zijkant borstkas/ribben	56	19	16	11	7	1
Zij (lendenen)	51	15	20	14	9	4
Zitknobbels	32	14	24	17	16	9
Stuit/heiligbeen	37	20	16	16	14	11
Anders	41	6	15	9	12	7

Example:
location and severity
of experienced pain during rolling

In geval van pijn tijdens rijden, waar heb je meestal pijn (locatie)? En hoe ernstig is de pijn (pijn-score)?

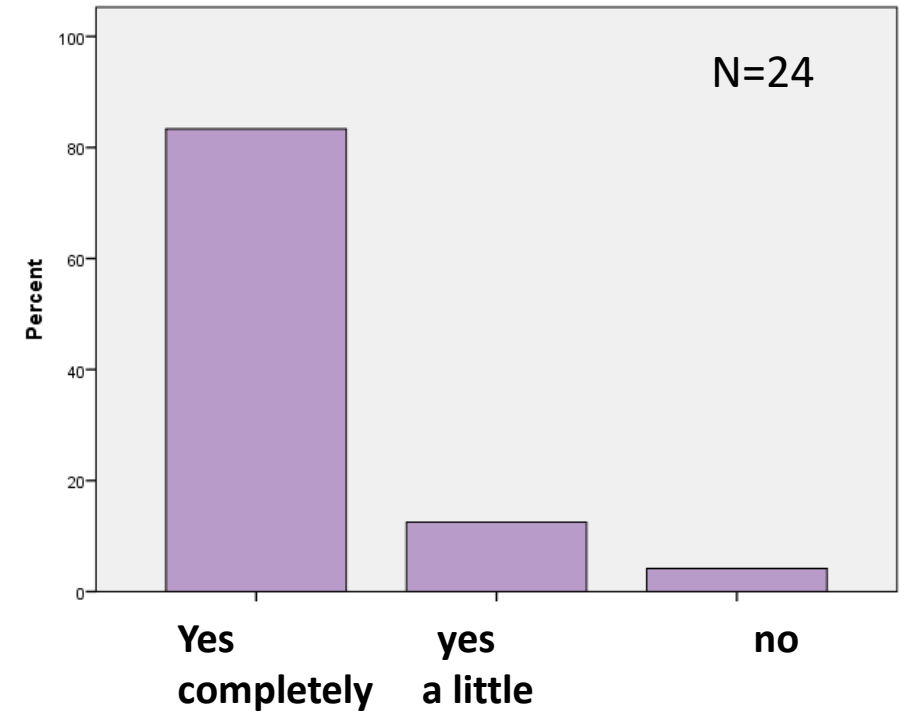
	Geen pijn	Niet ernstig	Beetje ernstig	Matig ernstig	Ernstig	Zeer ernstig
Vingers/pols links	13	10	10	14	8	0
Vingers/pols rechts	17	9	8	15	5	3
Elleboog links	24	12	7	5	5	2
Elleboog rechts	24	12	10	5	4	1
Schouder links	12	9	16	12	7	2
Schouder rechts	12	10	16	15	6	2
Nek	13	9	13	8	8	4
Rug	7	5	5	19	15	11
Anders	10	5	6	10	8	3

Effect evaluation

- 👤 **50 participants** were asked to participate in the evaluation after 3 months
- 👤 **24 participants** joined the evaluation
- 👤 Filled in the screening for the second time
- 👤 Filled in the evaluation questions about the website, screening, etc.
- 👤 Numbers were too low (yet) to evaluate change in pain score, fatigue etc.

Evaluation

Were the questions easy to understand?



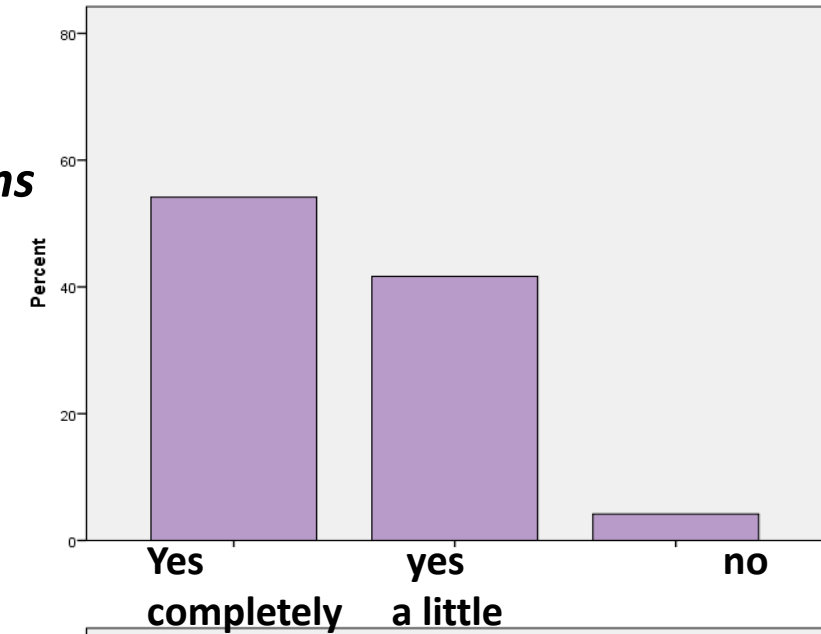
Screening



Did the screening help you to gain insight in sitting and rolling problems

Almost everyone thought the screening is useful

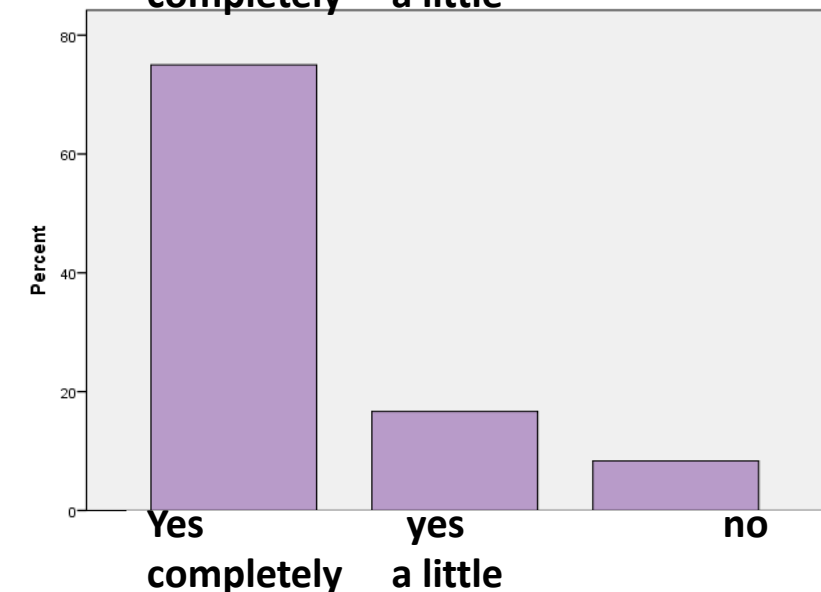
🦽 About half of the persons found it very useful



Do you think that the screening helps other wheelchair users to gain insight in sitting and rolling problems

Almost everyone found the screening useful

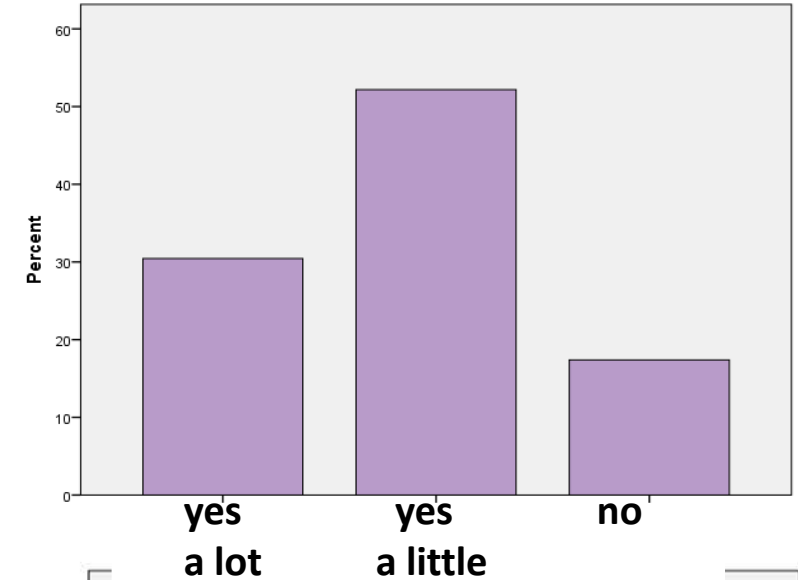
🦽 About 2/3 of the persons found it very useful



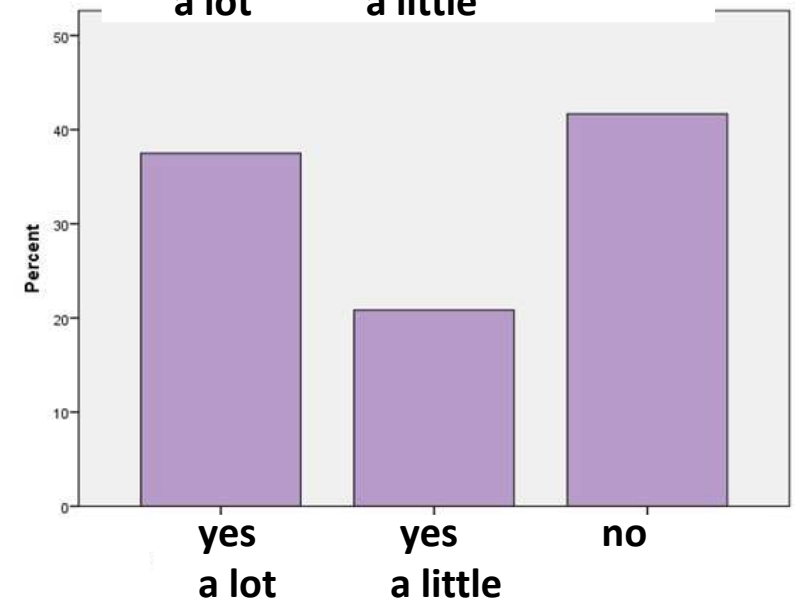
Screening



Did the screening help to solve sitting or rolling problems in the wheelchair?



Did the screening help to improve daily functioning?

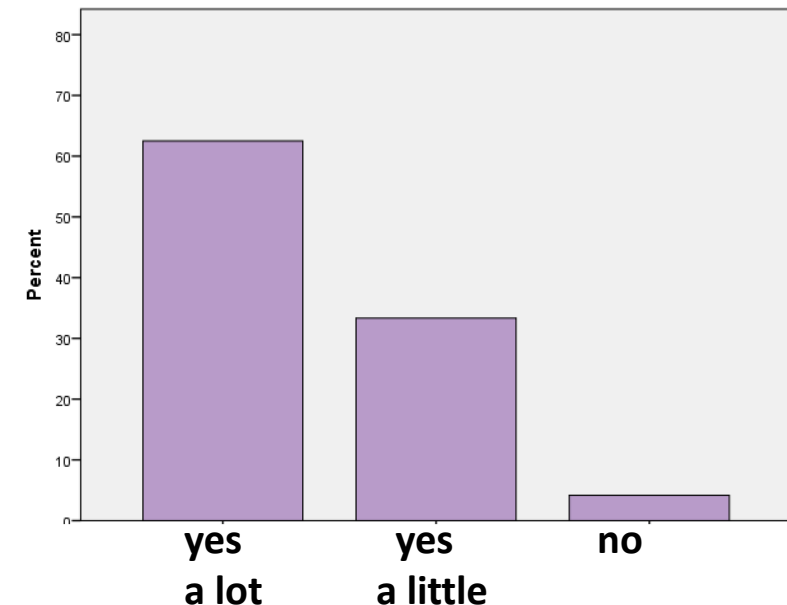
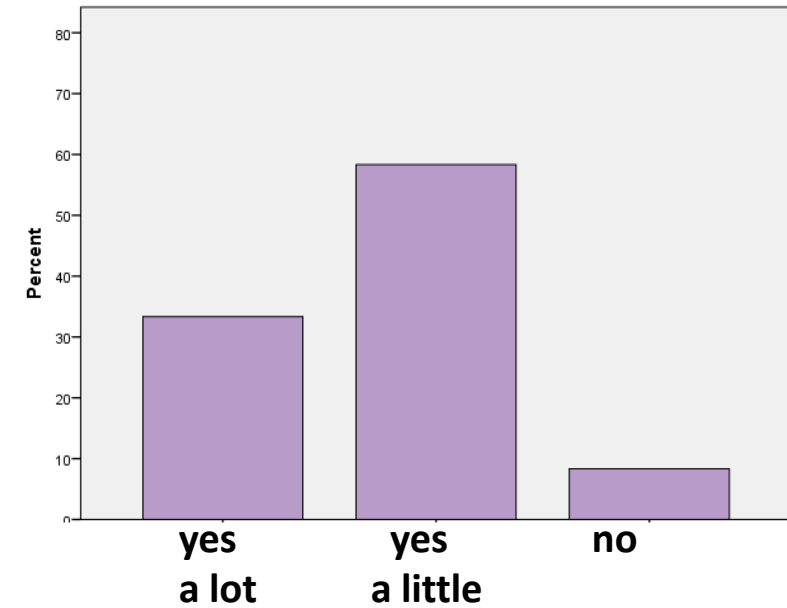


Site

Is the information on the website useful?

🦽 The majority thinks the info is useful, especially for other wheelchair users

Do you recommend the site:



What do you appreciate the most

- 👤 The website contains a lot of information*
- 👤 The screening is very useful in the proces of obtaining a (new) wheelchair*
- 👤 The rating gave insight in the exact location and severity of my pain. This problem is solved with a new back rest and cushion in my wheelchair*
- 👤 This is my first wheelchair and the website helped me to find out what I want and need*
- 👤 Clear explanation and useful movies*
- 👤 The site gave insight that it is very important to know what I would like to do with my wheelchair. My activities determine the set-up of the wheelchair.*

Proposal Wheelchair assessment platform

- Do we want to make the website/ screeningtool available in more languages (countries)?
- If so, how can we find partners to make this work (translation)?
- How can we obtain (European) funding?

For any further questions, you can contact me: l.valent@heliomare.nl