



**OLYMPIC VAC-PAC®**

**Surgical Positioning System**

**Hospital In-service Training**

# Olympic Vac-Pac Overview

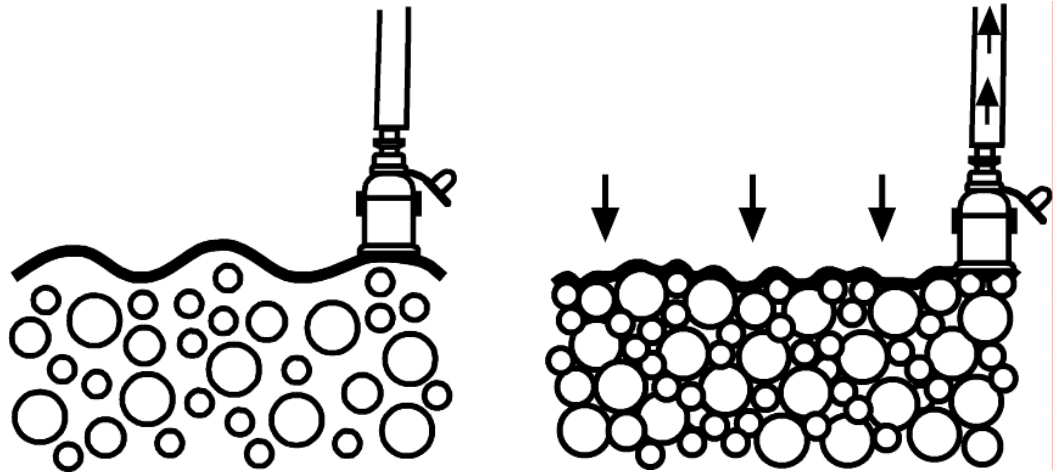


- The Olympic Vac-Pac is used as a patient positioning support during surgical procedures.
- Vac-Pacs are soft pads available in various sizes and shapes that mold around the patient and become firm when suction is applied.

**Note: Vac-Pacs are Latex Free**

# Olympic Vac-Pac Overview

- **Vac-Pacs are filled with thousands of tiny plastic beads.**
- **Before suction the beads inside are free to move around and the Vac-Pac is soft and moldable.**
- **Suctioning creates a vacuum inside the Vac-Pac and atmospheric pressure forces the beads together forming a solid mass. The mass (molded shape) holds the patient in position.**



# Olympic Vac-Pac Overview

- **Benefits include:**
  - ▶ **Comfortable Positioning**
  - ▶ **Patient Stability**
  - ▶ **Valuable Time Savings**
  - ▶ **Better Site Presentation**
  - ▶ **Accessibility to Extremities**
  - ▶ **Radiolucent**



# Sizes and Shapes



**Size 23**  
18" x 20"  
(45.7 x 50.8 cm)



**Size 30**  
28.7" x 35.5"  
(72.9 x 90.2 cm)



**Size 31**  
38.7" x 35.5"  
(98.3 x 90.2 cm)



**Size 32**  
46.7" x 35.5"  
(118.6 x 90.2 cm)



**Size 11**  
16" x 12"  
(40.6 x 30.5 cm)



**Size 35**  
34.5" x 28"  
(87.6 x 71.1 cm)



**Size 40**  
30" x 76"  
(76.2 x 193.1 cm)

# Using Vac-Pacs

- **Required items:**

- ▶ **Vac-Pac**
- ▶ **5-in-1 connector (shown here)**
- ▶ **Suction tubing**
- ▶ **Vacuum source (e.g. regular wall suction, aspirator pump, hand vacuum pump)**

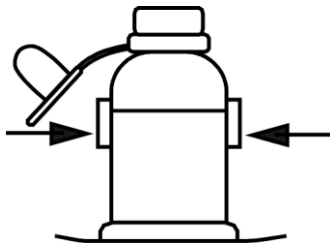


- **Optional items**

- ▶ **Additional supports (e.g. kidney rests, safety belts)**
- ▶ **Padding (e.g. smoothed draw sheets, gel pads, axillary rolls)**

# Checking the Vac-Pac

- **To check that the Vac-Pac is ready for use:**
  1. Uncap the valve, then squeeze the sides of the valve to release the vacuum causing the Vac-Pac to soften.
  2. Insert one end of the 5-in-1 connector into the Vac-Pac's valve, then insert the connector's opposite end into suction tubing with a vacuum source.
  3. Gently apply suction until the Vac-Pac becomes firm.

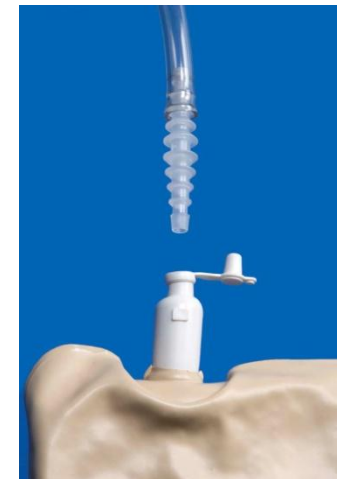


# Checking the Vac-Pac

4. **Disconnect the 5-in-1 connector and suction line, then close the valve cap.**
5. **Confirm that the Vac-Pac remains firm. Should the Vac-Pac not remain firm, contact Natus Medical or your local Olympic Vac-Pac distributor for assistance.**
6. **Uncap and squeeze the valve to soften the Vac-Pac.**

# Setting Up for a Procedure

- **To set up the Vac-Pac for a procedure:**
  1. Uncap the valve, then squeeze the sides of the valve to release the vacuum causing the Vac-Pac to soften.
  2. Place the Vac-Pac on the table, then evenly smooth the Vac-Pac beads.
  3. Using the 5-in1 connector, connect the Vac-Pac valve to a suction line with vacuum source. Confirm that the valve is in an accessible position; it may be necessary to re-attach the suction during the procedure.



# Setting Up for a Procedure

4. Position the patient in the soft Vac-Pac as appropriate, then mold the Vac-Pac around the patient's body and/or extremities. It typically requires two people to mold the Vac-Pac around the patient.
5. Gently apply suction while holding the Vac-Pac firmly against the patient. The Vac-Pac becomes firm in seconds.



# Setting Up for a Procedure

6. Once the desired firmness is achieved, either disconnect the 5-in-1 connector and suction line, then close the valve cap; or keep the suction attached during the procedure.
7. Check for proper alignment of the patient. Provide additional padding as needed.
8. Gently rock the patient to confirm stability. For additional stability, apply kidney rests and/or safety belts.
9. Check the patient's position during the procedure. If the patient needs to be repositioned, disconnect the suction and squeeze the valve to soften the Vac-Pac, then repeat steps 4 and 6.
10. Check the stability of the Vac-Pac during the procedure. If the Vac-Pac softens during surgery, re-attach the suction line and keep the vacuum source on for the duration of the procedure.
11. After the procedure, disconnect the suction, uncap and squeeze the value to soften the Vac-Pac. After the patient has been removed, clean the Vac-Pac.

# Lateral Position

- **Ideal for: General Surgery, Orthopedics, Plastics, Thoracics**



**Size 30**

**-OR-**



**Size 31**

**-OR-**



**Size 32**



1. **Place the U-shaped cutout towards the head or foot. Smooth the Vac-Pac beads. The center should be flat with extra beads spread to the sides and hanging off the table. Keep the valve accessible.**

# Lateral Position

2. Place the patient on the soft Vac-Pac. If the U-shaped cutout is towards the head, it should be beneath the dependent axilla. Fold under the Vac-Pac corners if necessary.
3. Mold the soft Vac-Pac around the patient, and hold in place while applying suction. Check the patient's stability. Apply supports if needed. Check for pressure points. Apply gel pads if needed.



# Lateral Position



4. Check the patient's stability throughout the procedure.



**Note: For larger patients use a Size 32 Vac-Pac.**

# Lateral Kidney Position

- **Ideal for: Nephrology, Orthopedics, Plastics, Thoracics**



-OR-



**Size 30**

**Size 35**



1. **Size 35: Place the narrow end toward the foot and the T-flaps positioned to wrap around the chest. Smooth the Vac-Pac beads. Keep the valve accessible. Place the patient on the soft Vac-Pac. Adjust the articulated table.**
2. **Mold the soft Vac-Pac around the patient, and hold in place while applying suction. For additional stability, use kidney rests or safety belts.**
3. **If it is necessary to re-adjust the patient during the procedure, uncap and squeeze the valve to soften the Vac-Pac, reposition the patient, then re-attach and re-suction the Vac-Pac.**

# Supine Position

- **Ideal for: Conscious Sedation, General Surgery, Plastics**



**Size 40**



- **Evenly smooth the beads.**
- **Keep the two valves accessible.**
- **Place the patient in the supine position on the soft Vac-Pac.**
- **Position the patient's arms at their sides leaving access to IV sites as needed.**
- **Mold the soft Vac-Pac around the patient, and hold in place while applying suction to the two halves at the same time.**

# Frog Leg Position

- **Ideal for: Urology, Gynecology, Plastics**



Size 30

-OR-



Size 31

-OR-



Size 35



- **Size 35:** Place the narrow end toward the head and the T-flaps toward the feet.
- **Size 30/31:** Place the U-shaped cutout under the patient's buttocks.
- Smooth the Vac-Pac beads.
- Keep the valve accessible.
- Place the patient in the supine position on the soft Vac-Pac, with the hips centered on the narrow end.
- Place the patient in the frog leg position, then mold the soft Vac-Pac around the feet, ankles, legs, and hips. Hold the Vac-Pac in place while applying suction.

# Facial/Ophthalmic Position

- **Ideal for: Ophthalmics, Plastics, Ear/Nose/Throat, Dental**



**Size 11**



- **Evenly smooth the beads.**
- **Keep the valve accessible.**
- **Place the patient on the soft Vac-Pac.**
- **Mold the soft Vac-Pac around the patient, and hold in place while applying suction.**

# Cleaning Vac-Pacs

- **To clean the Vac-Pac:**
  1. Close the valve cap to prevent liquid from getting inside the Vac-Pac.
  2. Wipe the exterior of the Vac-Pac with a cloth dampened with disinfectant.



# Storing Vac-Pacs

- **To prepare the Vac-Pac for storage:**
  1. Clean the Vac-Pac.
  2. Squeeze the valve to soften the Vac-Pac, then smooth the beads into a uniform layer.
  3. Apply suction until the Vac-Pac becomes firm and the beads are compact.
  4. Disconnect the 5-in-1 connector and suction line, then close the valve cap.
  5. Place the Vac-Pac in storage. Confirm that the Vac-Pac is still firm after 24 hours; if it has softened, a leak may be present.

**Note:** During long periods of storage, Vac-Pacs may lose some firmness from minute air leakage that may not affect their normal use.



# Repairing Vac-Pacs

- **To repair a visible leak:**
  1. Using a cloth dampened with isopropyl alcohol or mineral spirits, clean a 4 inch (25.8 cm) square area around the leak, then thoroughly dry the area.
  2. Place the Vac-Pac on a flat surface, and evenly smooth the Vac-Pac beads.
  3. Use a firm flat surface, such as a book, to further flatten the area to be patched. Next, with the book in place, apply suction and keep the suction source attached.
  4. Remove the book, and then remove the backing from the repair patch and center the patch above the leak. Next, starting at one edge, smooth the patch onto the Vac-Pac over the leak, pressing out all air bubbles.

# Repairing Vac-Pacs

5. Using the label applicator squeegee, firmly smooth the repair patch out toward the edges until the patch conforms to the slightly bumpy surface texture of the Vac-Pac. The repair patch does not feel tacky to the touch.
6. Once the patch is in place, disconnect the suction and cap the valve, leaving the Vac-Pac in a firm state.
7. Allow the Vac-Pac to remain in a firm state for at least 24 hours while the patch cures. If the patch is successful, the Vac-Pac will retain its firmness and shape.

If the Vac-Pac is not repairable, contact Natus Medical or your local Olympic Vac-Pac distributor.



# Patient Positioning and Stability

## CAUTION

- Select a Vac-Pac that is appropriate for the procedure and patient's size. An incorrect size decreases patient stability.
- Confirm that the patient rests securely in the Vac-Pac before draping. Frequently reconfirm the patient's position and Vac-Pac stability during the procedure. For additional stability, apply kidney rests and/or safety belts.
- For sufficient bead thickness to support the patient, evenly distribute the beads when molding the Vac-Pac. Thicker sides provide greater molded support.
- Flatten the bottom of the Vac-Pac, then mold the sides around the patient. The flattened bottom will keep the Vac-Pac from rolling.

## WARNING

- When placing the patient in the Trendelenburg or reverse Trendelenburg position, do not use the Vac-Pac as the sole means of supporting the patient. Use other table-attached devices in conjunction with the Vac-Pac to increase support of the patient.

# Maintaining Skin Integrity



## CAUTION

- Only use the Vac-Pac on intact, uncompromised skin.
- Smooth any wrinkles from sheets or gel pads used with the Vac-Pac; wrinkled surfaces may cause skin irritation.
- Do not allow wet skin to remain in contact with the Vac-Pac as this may result in skin irritation. Dry prep solutions from the skin before using the Vac-Pac.

# Cleaning and Storage



## CAUTION

- Vac-Pacs are not shipped sterile. Always clean and disinfect before initial use.
- Clean the Vac-Pac between patient use to prevent cross-contamination.
- High temperatures will damage the Vac-Pac; never steam autoclave Vac-Pacs.
- Always close the valve cap before cleaning to prevent liquids from entering the Vac-Pac.
- Suction out the air and cap the valve before storing the Vac-Pac. If the Vac-Pac softens within 24 hours, suspect a leak and repair the Vac-Pac before use.
- Do not use aromatic hydrocarbons (e.g. acetone) as these agents will damage the Vac-Pac.
- After gas sterilization is complete, aerate the Vac-Pac in a manner appropriate for plastic products.

# Inspection, Damage, and Leaks



## CAUTION

- Before and after each use, inspect the Vac-Pac for possible damage or leaks. Never use a damaged or leaking Vac-Pac.
- Do not attempt to repair Vac-Pacs with adhesive tape; only use Olympic Vac-Pac repair patches.
- To prevent injury, never attempt to repair or use Vac-Pacs under the following conditions: a leaking valve or holes/tears that are longer than 1 in. (2.54 cm), located within 2 in. (5 cm) of the valve or around the valve edges, or located on a seam.
- To assure that your Vac-Pac is in optimal condition and to minimize potential problems and repairs, replace Vac-Pacs that are: older than two years and are used several times per week, have been patched more than once, or have damage that is beyond repair.

# Vac-Pac Technical Support

- Contact Vac-Pac Dept RNs for assistance
- Toll-Free: 1-800-426-0353
- One year warranty
- Trade-in credits available
- [www.natus.com](http://www.natus.com)