

Canadian Association of Occupational Therapists
Product Recognition Program

Parsons Chrome Straight Grab Bars



Available online at www.caot.ca/prp





Report last updated January, 2019

Disclaimers

The information compiled in this report was designed for informational purposes and to communicate the final conclusions of a documented review process. The decision to award a seal of recognition **does not supersede or replace other codes, requirements or regulations** set by authoritative organizations of a specific jurisdiction. CAOT encourages health professionals to act in a responsible manner and according to best practices for the recommendation, assessment, installation and maintenance of this product. It is critical to **follow the recommendations set by the manufacturer and/or distributor** of this product and, when relevant, engage domain expert for training, use, installation, maintenance and repair.

Recognition of a product by the Canadian Association of Occupational Therapists through the Product Recognition Program is **not a guarantee** of any product, nor is it an endorsement of the company. The Canadian Association of Occupational Therapists assumes **no responsibility** for any product or corporation, nor for any damages caused by any product or company. It is recommended that you consult an occupational therapist about the appropriateness and the proper use of the product.

Specific questions related to this product(s) (including usage, availability, pricing, etc.) should be addressed directly to the manufacturer and/or distributor. Please visit www.parsonsadl.com. Concerns or questions related to the content of this report should be addressed to Julie Lapointe, Director of Knowledge Translation Programs, at jlapointe@caot.ca or at 1(800) 434-2268 ext. 260

The conclusions presented in the current report are derived from the best information available. In the case that new information becomes available and grants a modification to the conclusions, CAOT reserves the right to update and issue a new report of this product at any time.

Acknowledgement

The generation of this report would not have been possible without the contribution of occupational therapists and members of the Canadian Association of Occupational Therapists (CAOT).





Executive Summary

The *Parsons Chrome Straight Grab Bars* restore safety and dignity to bathing by assisting an individual in manoeuvring around the bathroom, particularly the toilet and bathtub/shower areas. Reviewers were unanimous and recommended that the *Parsons Chrome Straight Grab Bars* be accepted for the CAOT Product Recognition Program. Information and recommendations regarding the performance of the product are provided in this report.



Parsons Chrome Straight Grab Bars are recognized by CAOT.



Review report

The purpose of this product

The *Parsons Chrome Straight Grab Bars* restore safety and dignity to bathing by assisting an individual in manoeuvring around the bathroom, particularly the toilet and bathtub/shower areas.

Performance of the product (efficacy, usability, safety, reliability, durability)

- This product can accommodate users of various heights as it is available in four different lengths: 12", 16", 18" and 24". The 16", 18" and 24" grab bars may be installed vertically or horizontally; the 12" grab bar may only be installed vertically as it does not reach the standard 16" spaced wall studs.
- This product could be uninstalled and moved to different locations but does leave holes in the wall as installation is completed with screws.
- Once the grab bar is installed in the desired location it requires minimal maintenance and monitoring. The screws may require tightening after extended use.
- This product is lightweight and has a knurled grip to enhance safety when grasping the bar.
- The reviewers of this product found it to be very effective at facilitating safe bathroom transfers as long as it is installed correctly.

Important recommendations

The reviewers would like to highlight two safety hazards associated with this product:

1. Although the instructions were found to be thorough and easy to follow, the language is intended for readers who have some level of expertise in similar home renovation projects, particularly the steps that include the use of power tools.
2. If the product is not installed correctly into a wood stud it may pose a safety risk as it will become unsecure and not support the weight of the user.

The reviewers recommend that an individual with the appropriate skill set complete the installation of this product. The importance of proper installation is highlighted by the manufacturer's instructions.

Economic considerations

This product is easily available for purchase online or in person at a local vendor. A list of vendors and their locations is located on the Parsons ADL website. This product was found by reviewers to be affordable and good quality for the price.

Scientific evidence

Grab bars are one of the most common home modifications and are often installed in bathrooms where majority of falls occur in the home (e.g., Guitard, Sveistrup, Edwards, & Lockett, 2011; Stark



et al., 2009). Vertical grab bars are more often used when entering and exiting a bathtub than horizontal grab bars (Guitard et al., 2011) and result in the most stable transfers (King & Novak, 2017). Vertical grab bars have also been shown to reduce the likelihood of falls and promote functional independence (Guitard et al., 2011). In order to ensure safety during all phases of bathtub transfer, it is recommended that two grab bars be installed: one on the back wall and another on the side wall (Guitard et al., 2011).

Review committee

The *Parsons Chrome Straight Grab Bars* were reviewed by three occupational therapists, each with a minimum of 10 years of experience working with a wide range of adaptive equipment. All reviewers have experience in multiple different areas of practice, including geriatrics, community health and orthopedics. Our reviewers stress the importance of assistive devices in helping increase the functional independence and well-being of their clients.

Final recommendation

Reviewers were unanimous and recommended that the *Parsons Chrome Straight Grab Bars* be accepted for the CAOT Product Recognition Program. An occupational therapist might recommend the use of this product if an assessment shows that the client has difficulty safely manoeuvring around the bathroom. Proper installation of this product can assist individuals with balance and mobility concerns complete transfers more safely and effectively.

References

- Guitard, P., Sveistrup, H., Edwards, N., & Lockett, D. (2011). Use of different bath grab bar configurations following a balance perturbation. *Assistive Technology*, 23(4), 205-215.
- King, E. C., & Novak, A. C. (2017). Effect of bathroom aids and age on balance control during bathing transfers. *American Journal of Occupational Therapy*, 71, 744-748.
- Stark, S., Landsbaum, A., Palmer, J. L., Somerville, E. K., Morris, J. C., Harvey, A., & Friedman, D. H. (2009). Client-centred home modifications improve daily activity performance of older adults. *Canadian Journal of Occupational Therapy*, 76(1_suppl), 235-245.