

Chapter 14

Assisting With Moving and Transfers

Injury Protection

- To protect yourself and the person from injury, you must use your body correctly when:
 - Turning and repositioning persons
 - Moving persons in bed
 - Transferring persons to and from beds, chairs, wheelchairs, stretchers, and toilets
- To transfer a person means moving the person from one place to another.

Preventing Work-Related Injury

- The Occupational Safety and Health Administration (OSHA) recommends that:
 - Manual lifting be minimized in all cases
 - Manual lifting be eliminated when possible
- To safely handle, move, and transfer the person, the nurse and health team determine:
 - The person's dependence level
 - The amount of assistance and how many staff members are needed
 - The procedure to use
 - The equipment needed

Protecting the Skin

- Protect the person's skin during handling, moving, and transfer procedures.
- Friction is the rubbing of one surface against another.
- Shearing is when the skin sticks to a surface while muscles slide in the direction the body is moving.

Protecting the Skin, cont'd.

- To reduce friction and shearing:
 - Roll the person.
 - Use friction-reducing devices.
 - A lift sheet (turning sheet)
 - A cotton drawsheet
 - Turning pads
 - Large incontinence products
 - Slide boards
 - Slide sheets

Moving Persons in Bed

- OSHA recommends the following:
 - For a dependence level of Code 4: Total Dependence
 - A mechanical lift or friction-reducing device and at least 2 staff members
 - For a dependence level of Code 3: Extensive Assistance
 - A mechanical lift or friction-reducing device and at least 2 staff members
 - If the person weighs less than 200 pounds
 - 2 to 3 staff members and a friction-reducing device
 - If the person weighs more than 200 pounds
 - At least 3 staff members and a friction-reducing device

Moving Persons in Bed, cont'd.

- Moving the person up in bed
 - You can sometimes move lightweight adults up in bed alone:
 - If they assist
 - If they use a trapeze
 - It is best to have help and to use an assist device.
 - Two or more staff members are needed to move the following persons up in bed:
 - Heavy persons
 - Weak persons
 - Very old persons

Moving Persons in Bed, cont'd.

- Assist devices are used to move some persons up in bed.
 - With assist devices:
 - The person is moved more evenly.
 - Shearing and friction are reduced.
 - The device is placed under the person from the head to above the knees or lower.
 - At least two staff members are needed.
 - This procedure is used:
 - For most patients and residents
 - Following OSHA recommendations
 - For persons recovering from spinal cord surgery or spinal cord injuries
 - For older persons

Moving Person to the Side of the Bed

- Moving the person to the side of the bed
 - The person is moved to the side of the bed:
 - For repositioning and care procedures
 - Before turning
 - To limit your need to reach
 - One method involves moving the person in segments.
 - Use a mechanical lift or the assist device method:
 - Following OSHA recommendations
 - For older persons
 - For persons with arthritis
 - For persons recovering from spinal cord injuries or spinal cord surgery

Moving Person to the Side of the Bed, cont'd.

- Use an assist device as directed by the nurse and care plan.
- An assist device helps prevent:
 - Pain and skin damage
 - Injury to the bones, joints, and spinal cord

Turning Persons

- Turning persons onto their sides is needed:
 - To help prevent complications from bedrest
 - For certain procedures and care measures
- To turn persons with arthritis in their spines, hips, and knees, logrolling is preferred.

Turning Persons, cont'd.

- Logrolling is turning the person as a unit, in alignment, with one motion.
 - The spine is kept straight.
 - The procedure is used to turn:
 - Older persons with arthritic spines or knees
 - Persons recovering from hip fractures
 - Persons with spinal cord injuries
 - Persons recovering from spinal surgery

Sitting on the Side of the Bed (Dangling)

- Patients and residents dangle for many reasons.
 - Some become dizzy or faint when getting out of bed too fast.
 - Some persons increase activity in stages.
 - Surgical patients sit on the side of the bed some time after surgery.
- While dangling the legs, the person:
 - Coughs and breathes deeply
 - Moves the legs back and forth in circles
- If dizziness or fainting occurs, lay the person down.

Transferring Persons

- Patients and residents are moved to and from:
 - Beds
 - Chairs, wheelchairs, and shower chairs
 - Commodes and toilets
- The amount of help needed and the method used vary with the person's dependency level.
- For a safe transfer:
 - Arrange the room so there is enough space.
 - Place the chair, wheelchair, or other device correctly.

Transferring Persons, cont'd.

● Transfer belts

- Transfer belts (gait belts) are used to:
 - Support patients and residents during transfers
 - Reposition persons in chairs and wheelchairs

● Bed to chair or wheelchair transfers

- Help the person out of bed on his or her strong side.
- Stand and pivot transfers are used if:
 - The person's legs are strong enough to bear some or all of his or her weight.
 - The person is cooperative and can follow directions.
 - The person can assist with the transfer.

Transferring Persons, cont'd.

- Chair or wheelchair to bed transfers
 - Chair or wheelchair to bed transfers have the same rules as bed to chair transfers.
 - If the person is weak on one side:
 - Transfer the person so the strong side moves first.
 - The chair or wheelchair is positioned so the person's strong side is near the bed.

Transferring Persons, cont'd.

● Mechanical lifts

- Mechanical lifts are used to transfer persons who:
 - Cannot help themselves
 - Are too heavy for the staff to transfer
- Before using a lift:
 - You must be trained in its use.
 - It must work.
 - The sling, straps, hooks, and chains must be in good repair.
 - The type of sling used depends on the person's size, condition, and other needs.
 - The person's weight must not exceed the lift's capacity.
 - At least two staff members are needed.
- Follow the manufacturer's instructions.

Transferring Persons, cont'd.

- Transferring the person to and from the toilet.
 - Getting to the toilet is hard for persons who use wheelchairs.
 - Falls and work-related injuries are risks.
 - Sometimes mechanical lifts are used for a transfer to and from a toilet.

Repositioning in a Chair or Wheelchair

- Some persons can help with repositioning.
 - If the person cannot help, a mechanical lift is used.
- Follow the nurse's directions and the care plan for the best way to reposition a person in a chair or wheelchair.
 - Do not pull the person from behind the chair or wheelchair.