

Chapter 15

Moving the Person

Lesson 15.1

- Define the key terms and key abbreviations in this chapter.
- Identify comfort and safety measures for moving the person.
- Explain how to prevent work-related injuries when moving persons.
- Identify the delegation information needed before moving the person.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

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
- 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.)

- 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.)

- 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.)

- 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.)

- 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.)

- 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.

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 re-position a person in a chair or wheelchair.
 - Do not pull the person from behind the chair or wheelchair.

Repositioning in a Chair or Wheelchair (Cont.)

- If the person's chair reclines:
 - Ask a co-worker to help you.
 - Lock (brake) the wheels.
 - Recline the chair.
 - Position a friction-reducing device (drawsheet or slide sheet) under the person.
 - Grasp the device.
 - Use the device to move the person up.

Repositioning in a Chair or Wheelchair (Cont.)

- Use the following method if the person is alert and cooperative. The person must have the strength to help.
 - Lock (brake) the wheelchair wheels. Remove or swing front rigging out of the way.
 - Position the person's feet flat on the floor.
 - Apply a transfer belt.
 - Position the person's arms on the armrests.

Repositioning in a Chair or Wheelchair (Cont.)

- Stand in front of the person. Block his or her knees and feet with your knees and feet.
- Grasp the transfer belt on each side while the person leans forward.
- Ask the person to push with his or her feet and arms on the “count of 3.”
- Move the person back into the chair on the “count of 3” as the person pushes with his or her feet and arms.
- Remove the transfer belt.