

# 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.