

TURNING & MOVING

turning

Changing the patient position in bed every 2 hours helps keep blood flowing which help the skin stay healthy and prevent bed sores .

Turning a patient is a good time to check the skin for redness and sores .



Moving

Safe movement of the patient from one surface to another, like from bed to wheelchair and from a bed to a stretcher by the used of assistive devices (slider board gait belt). In doing so, the nurse must teach patient and ask for his or her participation for successful results.

Purpose

- 1-To change patient position .
- 2-To maintain good body alignment .
- 3-To maintain good muscle tone .
- 4-To improve circulation .
- 5-To prevent pressure ulcer .



Purpose



6- To assist a patient who is unable to move by himself.

7- To perform nursing procedure e.G. (Back care or massage _ bed making).

8- To transfer the patient to any department in the hospital e.g. Operating room , x ray or laboratory.

PRINCIPLES

1. Follow all principles of body mechanics .
2. Slide the patient on bed instead of lifting .
3. Maintain a wide, stable base with your feet.
4. Give signal (ready) to patient and helper to work together at exact time .
5. Ask for help when patient is too heavy .

- 6 _ Maintain the patient in good body alignment at all time to protect from injury .
- 7 _ Support patient muscles and joints well and properly .
- 8 _ Always explain procedure to patient to gain co-operation and alleviate fear and anxiety .
- 9 _ Ensure tubes and attachments are properly placed prior to the procedure to prevent accidental removal.
- 10 _ Keep the patient as close to your body as possible to minimize reaching.

Moving The Patient Up in Bed



EQUIPMENT

- ◉ Trapeze (optional).
- ◉ Disposable gloves.
- ◉ Pillow.
- ◉ Sheet.

PROCEDURE STEPS



FRIST STEP WE MUST PREPARE



Nurse:

Wash hands .

Wear gloves.

Confirm patient ID using two patient identifiers
(e.g., name and date of birth).

- ✓To prevent transmissions of microorganisms.
- ✓To ensure correct patient



Patient :

- ❖ Greet the patient and introduce yourself.
- ❖ Explain procedure to the patient .
- ❖ Provides the patient with an opportunity to ask questions and help with the positioning.

Environment :

- Maintain privacy and good lightning .
- Ensure dry floor .
- To prevent slipping on the floor.

Equipment

- ⦿ Prepare the equipment.
- ⦿ Put the bed's brakes on ,to prevent bed moving.



STEPS

➤ Place the pillow against the headboard.

➤ Ask the patient to flex the knees and brace the feet on the bed.

RATIONAL

➤ To protect the head from accidentally hitting the headboard.

➤ To assist in moving.



STEPS

- Lower the head of the bed and raise bed to safe working height.
- If pt has trouble breathing, raise the head of the bed.
- Lower bed side rail toward you.

RATIONAL

- Safe working height is at waist level.
- That reduces back strain for you.

STEPS

- Place one arm under the patient's head and shoulders and other arm under the waist.
- If the patient is unable to help, get someone to assist you .
- Get a broad base of support and as close to the bed as possible.
- Arrange a signal- “ on the count of three, push with your feet.”
- “On signal, shift your weight forward”.

STEPS

- Put pillow under the head , ensure correct body posture and cover with sheet.
- Lower bed, raise side rails as required, and ensure call bell is within reach.
- Remove gloves and perform hand hygiene. To prevent cross of infection



Move the Patient to side of bed

Equipment:

1. Disposable gloves.
2. Draw sheet.

Nurse:

Wash hands .

Wear gloves.

Confirm patient ID using two patient identifiers
(e.g., name and date of birth).

- ✓To prevent transmissions of microorganisms.
- ✓To ensure correct patient



Patient :

- ❖ Greet the patient and introduce yourself.
- ❖ Explain procedure to the patient .
- ❖ Provides the patient with an opportunity to ask questions and help with the positioning.

Environment :

- Maintain privacy and good lightning .
- Ensure dry floor .
- To prevent slipping on the floor.

Equipment

- Prepare the equipment.
- Put the bed's brakes on ,to prevent bed moving.



STEPS

RATIONAL

➤ Lower the head of the bed

and

➤ raise bed to safe working height.

Then

➤ Lower the side rail nearest you-be sure the opposite side is up.

➤ Safe working height is waist level

(That reduces back strain for you).

STEPS

RATIONAL

Cross the patient's arms
across his/her Chest

To facilitate moving

And

divide patient's body to
3 segments:

1. From head to waist.
2. From waist to thigh.
3. From thigh to feet.



➤ STEPS

- **Place your hands under the patient's neck , shoulders and waist and slide the patient towards you**
- **Place your hands under the waist and thigh and slide the patient towards you.**
- **Place your hands under thigh and feet and slide the patient towards you.**
- **Put pillow under the head , ensure patient in correct**

STEPS

RATIONAL

- Lower bed, raise side rails as required, and ensure call bell is within reach.
- Remove gloves and perform hand hygiene.

To prevent cross of infection



**Turning
patients over
in bed**

Turning patients over in bed

Changing a patient's position in bed every 2 hours helps keep blood flowing.

- ✓ This helps the skin stay healthy and prevents bed sores.
- ✓ Turning a patient is a good time to check the skin for redness and sores.

Equipment:

- 1. Gloves.**
- 2. Record sheet.**
- 3. Blanket.**

Nurse:

Wash hands .

Wear gloves.

Confirm patient ID using two patient identifiers
(e.g., name and date of birth).

- ✓To prevent transmissions of microorganisms.
- ✓To ensure correct patient



Patient :

- ❖ Greet the patient and introduce yourself.
- ❖ Explain procedure to the patient .
- ❖ Provides the patient with an opportunity to ask questions and help with the positioning.

Environment :

- Maintain privacy and good lightning .
- Ensure dry floor .
- To prevent slipping on the floor.

Equipment

- ◉ Prepare the equipment.
- ◉ Put the bed's brakes on ,to prevent bed moving.



STEPS

RATIONAL

- ❑ Raise the bed to a level that reduces back strain for you. Make the bed flat.
- ❑ Stand on the opposite side of the bed the patient will be turning to wards, and lower the bed rail.
- ❑ Move the patient towards you, then put the side-rail back up.

➤ Safe working height is at waist level

STEPS

- Step around to the other side of the bed lower the side rail.
- Ask the patient to look towards you.
- The patient's bottom arm should be stretched towards you.
- Place the person's top arm across the chest.

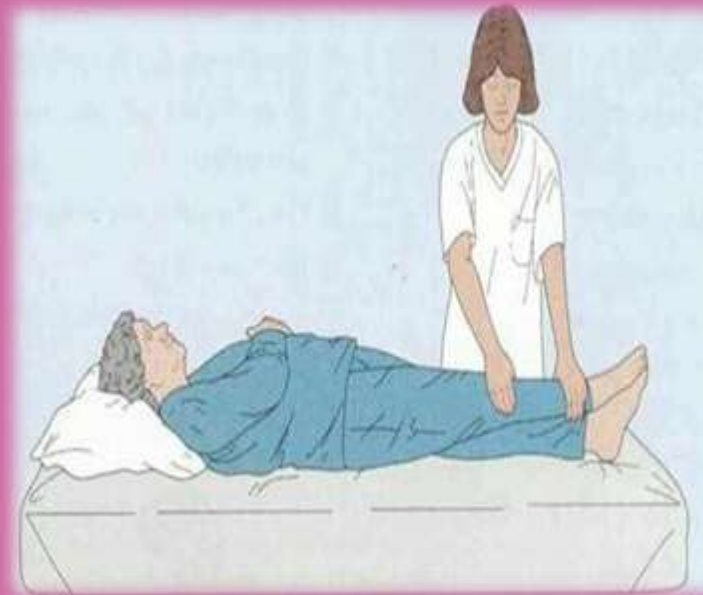
RATIONAL

- This will be the direction in which the patient is turning.

STEPS

- Ask the patient to bent his far knee and push against bed, if the patient unable to help cross the patient's upper ankle over the bottom ankle.
- Place one of your hands on the patient's shoulder and your other hand on the hip.

RATIONAL



STEPS

- Standing with one foot ahead of the other, shift your weight to your front foot (or knee if you put your knee on the bed) as you gently pull the patient's shoulder toward you.
- Then shift your weight to your back foot as you gently pull the person's hip toward you.

RATIONAL



STEPS

- Make sure the patient's ankles, knees, and elbows are not resting on top of each other.
- Make sure the head and neck are in line with the spine, not stretched forward, back, or to the side.



STEPS

RATIONAL

- Return the bed to a comfortable position with the side-rails up and cover patient with blanket.
- Remove gloves and perform hand hygiene.
- Record date , time and side of turning.

Check with the patient to make sure the patient is comfortable. Use pillows as needed.

To prevent cross of infection.

**Moving a patient
from bed to a
wheelchair**



Moving a patient from bed to a wheelchair

The technique below assumes the patient can stand on at least one
leg.

Equipment:

1. Wheelchair.
2. Gait belt.
3. Gloves.
4. Blanket

Nurse:

Wash hands .

Wear gloves.

Confirm patient ID using two patient identifiers
(e.g., name and date of birth).

- ✓To prevent transmissions of microorganisms.
- ✓To ensure correct patient



Patient :

- ❖ Greet the patient and introduce yourself.
- ❖ Explain procedure to the patient .
- ❖ Provides the patient with an opportunity to ask questions and help with the positioning.

Environment :

- Maintain privacy and good lightning .
- Ensure dry floor .
- To prevent slipping on the floor.

Equipment

- Prepare the equipment.
- Put the bed's brakes on ,to prevent bed moving.



steps

rational

❑ Get help if you need it. If you are not able to support the patient by yourself.

To prevent
Injure yourself
and the patient
.

❑ Make sure any loose rugs are out of the way to prevent slipping

Put non-skid socks or shoes on the patient's feet if the patient needs to step onto a

steps

rational

Park the wheelchair next to the bed , close to you.

Put the brakes on and move the footrests out of the way.

Maintain shortest distance for the patient to turn.



Prevents wheelchair from moving.

steps

Before transferring into the wheelchair , the patient must be sitting.

- ✓ To get the patient into a seated position, roll the patient onto the same side as the wheelchair.
- ✓ Put one of your arms under the patient's shoulders and one behind the knees.
- ✓ Bend your knees.



steps

- ✓ Swing the patient's feet off The edge of the bed to help The patient into a sitting position.
-
- ✓ Move the patient to the edge of the bed and
- ✓ lower the bed so the patient's feet are touching the ground.

To Allows patient to adjust to position change.

steps

- ✓ If you have a gait belt, place it on the patient to help you get a grip during the transfer.
- ✓ Stand as close as you can to the patient, reach around the chest, and lock your hands behind the patient or grab the gait belt.



steps

✓ Tell patient to place his arms around your shoulders (not your neck) or on your upper arms ’to reduces the chance of injury to your neck ‘.

✓ Place the patient's outside leg (the one farthest from the wheelchair) **between your knees for support.**

steps

rational

- ✓ **Count to three and slowly stand up.**
- ✓ **Use your legs to lift.**
- ✓ **At the same time, the patient**
- ✓ **Should place their hands by their sides and help push off the bed.**

The patient should help support their weight on their Good leg during the transfer.

1..2



3



steps

- ✓ Pivot towards the wheelchair, moving your feet so your back is aligned with your hips.



steps

- ✓ Once the patient's legs are touching the seat of the wheelchair, bend your knees to lower the patient into the seat.



At the same time, ask the patient to reach for the wheelchair armrest

steps

rational

✓ Align patient's body and position footrests.

✓ Remove gait belt.

Shoulders and hips should be in straight line

to reduce stress on spine and joints.

steps

- Cover patient's legs with blanket.
- Collect the equipment.
- Remove gloves and wash hands. **To prevent cross of infection.**



Thank
You