

- d. Knees bent & stay low
- e. Contract stomach muscles
- f. Count of three

- 41. Use draw sheet & slide board to slide the patient to the edge of bed then to center of gurney (watch lines)
- 42. Complete the move
 - a. Remove slide board
 - b. Put up side rails on gurney
 - c. Position lines
 - d. Place pillow under head
 - e. Put up head of gurney
- 43. Knowledge/Comprehension Level (Can the student answer all oral review questions?)

0	1	2	3	NA

AMBULATING THE PATIENT WITHOUT O2:

- 44. Interview the patient as appropriate
 - a. How do they feel in general (dizzy, nauseated, SOB...)?
 - b. Assess the patient's ability to move independently or help **
 - c. Have they been out of bed recently?
- 45. Get assistance if needed
- 46. Clear the ambulation area **
- 47. Assemble appropriate equipment & (emesis basin, gait belt, gown, slippers, oxygen cylinder, pulse oximeter, chairs...)
- 48. Explain the procedure and confirm patient understanding
- 49. Prepare the bed (lower bed, head up, lock wheels, lines & tubes...) **
- 50. Scoot the patient to the side and sit the patient up in bed (basin, eye contact, breathing) **
- 51. Prepare the patient for ambulation (slippers, gown, gait belt, positioning yourself) **
- 52. Assist the patient to a standing position **
- 53. Position yourself properly & begin walking **
- 54. Monitor the patient during procedure **
- 55. Demonstrate procedure for handling a patient fall**
- 56. Return the patient to bed & assure safety **
- 57. Document the ambulation session
- 58. Notify appropriate personnel of outcome
- 59. Knowledge/Comprehension Level (Can the student answer all oral review questions?)

0	1	2	3	NA

Students must pass all critical steps with a score of 2 or 3

ORAL REVIEW QUESTIONS

- 1. What guidelines for good body mechanics apply to patient movement?
 - a. *Stay in good condition*
 - b. *Size up load*
 - c. *Size up area*
 - d. *Check footing*
 - e. *Get close*
 - f. *Keep yourself lined up*
 - g. *Bend at knees*

- h. *Stomach muscles tight*
 - i. *Don't jerk*
 - j. *Don't twist*
2. What type of patient(s) may have restrictions to movement?
 - a. *Head injury*
 - b. *Spinal injury*
 - c. *Recent post-op*
 - d. *Stroke*
 - e. *Shortness of breath*
 3. What can you ask the patient to do to assist you when moving them up in bed?
 - a. *Knees bent*
 - b. *Head up*
 - c. *Arms crossed*
 - d. *Push up with feet*
 4. What is the purpose of a draw sheet? *Gives a team of health care providers the same thing to hold on to when moving patient. Supports entire trunk when lifting.*
 5. Why would an RCP place a patient in a chair or ambulate a patient? *RTs transport patients for pulmonary function testing in wheel chairs and ambulate patients with & without oxygen to assess their O2 needs.*
 6. Why might a patient become light-headed or nauseated when sitting up? *Orthostatic Hypotension*
 7. What is the purpose of a gait belt? *Gives health care provider something to hold on to when moving a patient*
 8. Why is it important that the patient NOT put their arms around your neck during movement? *To prevent a neck injury in case the patient begins to fall or becomes unstable.*
 9. How should you instruct the patient to focus their eyes and to breathe during movement? *Look straight ahead and breath slowly & deeply*
 10. Where should the RCP position them self during ambulation? *One hand on patient's shoulder, one hand on gait belt standing to side and back of patient.*
 11. What should be done if the patient begins to fall when moving to a chair or ambulating? *Call for help, protect patient's head and ease them to the floor. If possible, set patient on your knee and call for help. Protect your back.*
 12. What clinical parameters should be monitored during patient movement (especially ambulation)?
 - a. *Subjective response of patient*
 - b. *Level of consciousness (LOC)*
 - c. *Stability*
 - d. *Work of breathing*
 - e. *Color*
 - f. *Sweating (diaphoresis)*
 13. What should be documented after ambulating a patient? *Distance, tolerance, oxygen needs, pulse oximetry results, plan...*
 14. Who might you communicate with after ambulating a patient and why? *If adverse response, inform nurse, doctor and next therapist in report. If follow-up orders needed, contact doctor.*