

Practicum 11: Positioning, Turning, and Transferring

Name _____ Instructor _____

Date: _____

Key for Scoring:

S = Satisfactory

U = Unsatisfactory

N/A = Not applicable to the staff person's duties

Relaxation and Strengthening Exercises

- _____ Deep Breathing
- _____ Chin Tucks
- _____ Neck Side Tilts
- _____ Rotations with Chin Tuck
- _____ Shoulder Squeeze
- _____ Pelvic Tilt
- _____ Wall Slide
- _____ Calf Stretches
- _____ Hamstring Stretches
- _____ Trunk Rotations
- _____ Upper Back Stretch
- _____ Lower Back Stretch

Positioning: Evaluate the staff person's technique while positioning based on the following criteria:

- _____ Promote cooperation and preserve the dignity of the person being assisted.
- _____ Promote symmetric alignment in which the head is centered and upright above the body, the spine is straight, and the arms and legs are balanced on either side of the body.
- _____ Provide the amount of support needed to head, shoulders, trunk, and hips.
- _____ If necessary use adaptive equipment for stabilization.
- _____ Allow the individual freedom of movement and avoid providing excessive support.
- _____ Provide positioning alternatives appropriate to the activity.

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These criteria may be used in the Positioning Section if they are appropriate for the individuals who receive staff support in this setting.

Side-lying and back-lying positions, look at the person and determine whether or not:

- _____ Head is maintained centered at midline.
- _____ Trunk is maintained symmetrical, with the spine straight.
- _____ As much use of their hands and arms as possible.
- _____ Hips and legs are maintained in a symmetrical position.

Stomach-lying position, look at the person and determine whether or not:

- _____ Head is turned to one side.
- _____ Trunk is symmetrical with spine straight.
- _____ Hips and legs are symmetrical.
- _____ General muscle tone is relaxed.

Sitting position, look at the person and determine whether or not:

- _____ Hips, knees, and ankles are flexed to 90° .
- _____ Feet are flat on a supporting surface.
- _____ Head is upright and centered at midline. If necessary, the neck is stabilized to maintain the head in an upright, midline position.
- _____ Hips are symmetrical and as far back in the seat as possible.
- _____ Depth of the chair seat extends to 1 1/2 inch from the knee,
- _____ Trunk is symmetrical and the spine straight.
- _____ Forearms and elbows are able to easily rest on a supporting surface.

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Turning and Transferring: Evaluate the staff person's body mechanics and technique during turns and transfers based on the following criteria:

_____ **Preparation for move:**

Ensure privacy.

Offer choices and ask the person to help.

Explain each step of the procedure.

Test the weight prior to lifting or moving an object or person.

Minimize the distance of the lift and clear the travel path.

Provide firm, stable surfaces and, if possible, transfer between surfaces of equal height.

Lock the brakes on wheelchairs and remove armrests and footrests if possible.

Have all positioning equipment within reach prior to beginning the move.

_____ **Stance:**

Use a wide, balanced stance with one foot ahead of the other.

Wear low heeled, non-skid shoes.

Keep the lower back in its normal, arched position while lifting.

Bend at the knees.

_____ **Proper Body Alignment:**

Keep the chin tucked and the head and trunk up.

Tighten the stomach muscles as the lift begins.

Lift with the legs and stand up in a smooth, even motion.

_____ **The Move:**

Bring the load as close to the body as possible.

Move the feet (pivot) if a directional change is necessary. Throughout the move, back, feet and trunk should all move together in the same direction, going to the same place.

Communicate if two or more individuals are involved in the movement.

Optional:

_____ Tuck in the draw sheet and smooth out wrinkles.

_____ Place the transfer belt snugly around the person's lower waist.

Transfers: Apply criteria from above list to transfers that may be used in settings where this staff will be working.

_____ Transfer: one person bed to chair/chair to bed

_____ Transfer: two person chair to bed/bed to chair

_____ Transfer: two person floor to chair.

_____ Transfer: chair to toilet/toilet to chair

_____ Transfer: chair to tub/tub to chair

_____ Transfer: mechanical lift

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Transporting in Wheelchairs:

- _____ Before transporting, check the person's sitting position. (Are the person's hips all the way back in the wheelchair?; Does the lap belt need to be attached?; Are footrests in place and are the person's feet on the footrests?; Are the individual's arms on the armrests or in his/her lap away from the wheels?)
- _____ Make sure that brakes are locked prior to assisting a person into or out of a wheelchair. Grasp both push handles on the wheelchair firmly. Start and stop slowly, take corners slowly, and maintain a steady pace while moving. Be alert for changes in surface levels (e.g. doorjambs, the floor of an elevator).
- _____ At doorways, stop the wheelchair, open the door by hand, and bring the wheelchair through. If the door does not stay open on its own, hold it with one hand or your backside. Do not let the door bang the side of the wheelchair.
- _____ The person's weight should always be pushing back toward you on inclines and ramps. Going uphill means pushing the person; to go downhill, turn the chair around and walk backwards.
- _____ Up curbs: Stop at the curb, raise the front casters by pressing down on the foot level, roll the front casters onto the sidewalk, and roll the large wheels over the curb by lifting slightly on the push handles as you push forward.
- _____ Down curbs: Always come down curbs facing backwards with the large wheels coming first. Maintain some upward pressure on the push handles as you pull the wheelchair toward you.

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Application:

- I. Briefly describe why correct positioning is important to the individuals with disabilities that you assist.

- II. What would be some reasons for repositioning a person with whom you work?

- III. Think of a person you know who needs assistance with positioning. For each of the positions listed below, describe how to correctly align and monitor the person's position. (It is not necessary to use the same person for all four positions.)

Side-lying:

Back-lying:

Stomach (prone) lying:

Sitting:

- IV. Think of a person you assist with positioning, turning, and transferring. Describe:
 - a. Factors which put this person at risk of developing pressure sores. How you monitor this person for pressure sores. Other precautions you take to prevent the person from developing of pressure sores.