

TURNING AND TRANSFER UNIT

TRANSFER LAB

During the lab sessions, each student will PROBLEM SOLVE the transfer maneuvers listed below.

- _____ 1. Sliding Transfer, Cart to Plinth
- _____ 2. Hoyer Lift
- _____ 3. Standing Transfers - Unassisted and Assisted
 - _____ a. Wheelchair to Bed
 - _____ b. Wheelchair to Toilet
 - _____ c. Wheelchair to Tub Seat
 - _____ d. Wheelchair to Car
- _____ 4. Sitting Transfers - Unassisted and Assisted
 - _____ a. Sliding Board
 - _____ b. Anterior - Posterior Sliding Transfer
 - _____ c. Lateral without Sliding Board
 - _____ 1) Wheelchair to Toilet
 - _____ 2) Wheelchair to Tub Seat
 - _____ 3) Wheelchair to Car
- _____ 5. Wheelchair to Floor and Return

<i>Transfers</i>		Evaluation			
Procedure		1	2	3	
1. Initial patient contact					
a.	Introduce self as a Student PTA				
b.	Verify Patient Identity				
c.	Verify treatment area				
d.	Verify the absence of contraindications/ precautions				
e.	Explain purpose of procedure				
f.	Explanation of what to expect				
g.	Explanation of patients involvement in procedure				
h.	Ask about previous transfers				
2. Standing Transfers: Bed to Wheelchair with varied assistance					
a.	Assess need to recruit other persons to assist with transfer				
b.	Lower bed, and make sure it is locked.				
c.	Prepare patient with shoes on				
d.	Position wheelchair on patients strong side				
e.	Place wheelchair at a 30-45degree angle				
f.	Lock wheelchair, caster wheels facing forward				
g.	Place footrests between patients legs and bed or take them off				
h.	Sit patient with proper alignment				
i.	Ensure patients feet are flat on the floor				
j.	Put gait belt on patient				
k.	Stand in front of patient				
l.	Set legs for pivot				
m.	Brace patients legs				
n.	Instruct patient to slide forward to edge of bed				
o.	Instruct patient to place hand on armrest of wheelchair closest to the bed				
p.	Instruct patient to lean forward and push from armrest				
q.	Instruct patient to stand (do not allow patient to reach around your neck)				
r.	Check patients standing balance				
s.	Instruct patient to reach to other armrest				
t.	Instruct patient to move feet in quarter circle				
u.	Instruct patient to move back until they can feel the back of the wheelchair with both legs				
v.	Instruct patient to reach back for the armrests				
w.	Instruct patient to lean forward and sit down				
x.	Instruct patient to push with arms and move back into the wheelchair				
y.	Therapist utilizes proper body mechanics throughout transfer				

AKA

3. Sliding board (B) Amp				
a. Assess and recruit proper number of additional assistance if needed			✓	
b. Lower bed to lowest position, and ensure it is in the locked position			✓	
c. Position wheelchair at a 30-45 degree angle			✓	
d. Lock wheelchair brakes, caster wheels facing forward			✓	
e. Remove armrest closest to the bed			✓	
f. Remove footrest closest to the bed			✓	
g. Put patients shoes on			✓	
h. Sit patient at edge of bed with good alignment			✓	
i. Place patients feet flat on the floor			✓	
j. Place gait belt on			✓	
k. Instruct patient to lean sideways opposite wheelchair			✓	
l. Place one end of the sliding board under the hip			✓	
m. Place the sliding board diagonal to the patient's body			✓	
n. Place the other side of the board on the seat of the wheelchair			✓	
o. Stand in front of patient			✓	
p. Block patients knees, and feet			✓	
q. Place hands on gait belt			✓	
r. Instruct patient to lean forward			✓	
s. Instruct patient to place hands flat on the bed and the board			✓	
t. Instruct the patient to push down with both arms thereby lifting the buttocks.			✓	
u. Instruct the patient to slide his or he hips toward the wheelchair			✓	
v. Position patients feet, and hands as necessary to keep the body aligned. (do not get hands under the board)			✓	
w. Repeat the process until the patient is in the wheelchair			✓	
x. Therapist utilizes proper body mechanics throughout transfer			✓	
4. Dependent transfer – Sit-pivot transfer			✓	
a. Assess need to recruit other persons to assist with transfer			✓	
b. Lower bed, and make sure it is locked.			✓	
c. Prepare patient with shoes on			✓	
d. Place wheelchair at a 30-45degree angle			✓	
e. Lock wheelchair, caster wheels facing forward			✓	
f. Place footrests between patients legs and bed or take them off			✓	
g. Sit patient with proper alignment (do not allow patient to reach around your neck)			✓	
h. Put gait belt on patient			✓	
i. Stand in front of patient			✓	
j. Facilitate patient forward to edge of bed			✓	
k. Instruct patient to lean forward, tucking the patients head under the therapists arm and supporting it against their side. (if transferring to the left place head on the therapists right and vise versa)			✓	
l. Therapist places one hand on each trochanter			✓	
m. Press therapists knees against patients			✓	

n. Lift and turn patients buttocks and place in the chair				
o. insure proper body alignment				
p. Therapist utilizes proper body mechanics throughout transfer				
5. Position patient				
Sitting				
a. Insure proper body alignment				
b. Protect areas prone to skin breakdown				
c. Provide good head support.				
6. *Communication/Patient Education	JS	KJ	KJ	
Provide Age-appropriate, Culturally competent education				
Determine Learning Needs				
Access Readiness to Learn				
Determining Learning Style				

***Patient Education:**

Patient Education considers cultural and religious practices, emotional barriers, desire and motivation to learn, physical and cognitive limitations, language barriers, and financial implications of care choice.

Comments: Peer Check Offs Completed ☒ yes ☐ no

Final Grade _____

Mary Gemes
Evaluators Signature

Date

10/23/17