Alkan HSBT College
Department of Nursing
Year 1 Level – II

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Transporting and Assisting Clients/

Patients movement

Prepare for Transport

- Aims of occupational health and safety procedures.
  - Promote and secure safety and health of people at work;
  - Protect people at work from hazards
  - Assist in securing a safe and hygienic working environment;
  - Eliminate, reduce and control hazards

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- Encourage co-operation and consultation between employers and employees;

- Provide for the formulation of policies and for the co-ordination of the administration of laws relating to occupational safety and health; and

- Promote education and awareness of occupational safety and health.

Understand how duty of care contributes to safe practice

- ✓ Every individual should be supported and enabled to live in an environment which is free from prejudice and safe from abuse.

- ✓ Your responsibilities under the duty of care are to do everything reasonable within the definition of your job role to make this happen.

- ✓ It is the right of an individual to be able to make choices about their own lives.

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- It is your duty of care to safeguard individuals from harm.
- All employees should report any concerns of abuse they have. These might include evidence or suspicions of bad practice by colleagues and managers, or abuse by another individual, another worker or an individual's family or friends, inadequate working conditions, poor equipment.

- It is the right of every individual in your care to make choices and take risks. It is your role to assist them in making those choices and reducing the risks without compromising their rights.

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- An individual may be restricted if his or her behavior presents a serious risk of harm to his or herself or to other people.
- You should know the limits of your role and not do or say anything outside of this.
- If individuals insist on doing something that you disagree with, you can only advise and encourage them.
- A negligent act is breaching the duty of care. If an individual has evidence that you have been negligent, you are likely to be disciplined. You could lose your job and you could have legal action taken against you.

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- *Know how to recognize and handle comments and complaints*

- Comments and complaints can be made by individuals, workers, careers, family members, or anyone who feels something wrong that needs to be addressed.

- Many people, especially the individuals you support, do not know how to make comments or complaints. Some individuals will feel uncomfortable about making complaints as they do not want to cause trouble and they do not want to risk services being reduced or removed.

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- Every complaint should:
  - Be taken seriously and dealt with promptly and fully
  - Be acknowledged within a specified time
  - Have time limits for preliminary investigation
  - Be monitored and progress reported to the complainant

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- If you receive positive comments about your service or any aspect of the service your employer provides, it is important that you record these comments and pass them on to your supervisor / manager.

- Positive comments are motivating and supportive so people know they are doing things right.

- Recognize the importance of learning from comments and complaints to improve the quality of service.

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- This enables you to make improvements to the overall quality which leads to better outcomes for the individuals you work with.

- Think about the four main areas you are working in:
  - What you have to do
  - The individual and their capability
  - The task that needs to be done
  - Your surroundings

Duty of care

- ‘**General duty of care** are terms which refer people to ensure their Own and Others, safety at the workplace or who might be injured by the work.
- These general duties are aimed for
- To preventing anyone being Killed, Injured, Contracting and illness because of work or activities at a workplace.

General duties

- An '**Employer**' is a person who engages workers under a contract of employment, apprenticeship or traineeship scheme.
- Employers must provide a workplace where an employees are not exposed to hazards.
- Must provide a safe system of work.
- Must take reasonable care for their own safety ,health and that of others affected by their work.
- All plant must be installed or erected so it can be used safely.

General duties include

- ✓ Safe systems of work;
- ✓ Information, instruction, training and supervision;
- ✓ Consultation and co-operation;
- ✓ Provision of personal protection; and
- ✓ Safe plant and substances.
- ✓ Reporting of fatalities, injuries and disease

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- Safety and health information must be supplied with all plant and substances used at work.

- Employees must consult and co-operate in matters related to at work.
- Employers must provide employees with Information, Instruction, Training and Supervision to allow them to work in a safe manner.

Codes of practice

- Guidance on meeting the general duty provisions of the Act may be found in codes of practice dealing with specific matters.
- Codes of practice provide:-
  - ✓ Practical information on how to achieve safety and health standards at the workplace.

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- It is acceptable to use an alternative that achieves the same level of safety.
- *Codes of practice are recommended by the Commission for Occupational Safety and Health (the Commission), they include Policies and Practices developed by Government, Employers and Unions.*

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- This may include **Employers**, **Employees**, **Self-employed persons**, **manufacturers**, **designers**, **suppliers** and so on.

- **A code of practice applies to anyone who has a duty of care in the circumstances described in the code.**

Manual handling

- Manual handling means moving or supporting a load by a person's hands, arms, or by other form of bodily effort.
- This includes the use of force by a person to Lift, Lower, Push, Pull, Carry, Move, support and hold another person.
- Manual handling is an integral part of nursing care.
- An estimated one-third of all reported accidents in healthcare settings result from **moving** and **handling**,

Manual handling codes of practice

- Manual handling code of practice provides practical guidance for managing risks associated with those manual handling tasks.

It provides:-

- General guidance on the Identification, Assessment and Control of safety and health hazards and risks associated with manual handling tasks in which forces exerted, loads handled, repetitive movement, awkward postures, sustained postures and equipment and tools that expose workers to vibration are of concern

Benefits of using manual handling code of practice

- To reduce the risk arising from performing manual tasks this includes:-
- ✓ Preventing injury, Illness, Pain and Suffering of individuals in the workplace;
- ✓ Improved performance, efficiency and productivity;
- ✓ Fewer workers' compensation claims, which may lead to lower premiums;

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- ✓ Faster and easier return to work for workers who do sustain an injury;
- ✓ Fewer absences from work and less disruption;
- ✓ Retention of skilled workers; and
- ✓ A safe workplace with a positive safety culture.

Manual handling considerations in preparing to transport a client

- Client weight
- Client weight-bearing ability
- Client combativeness and unpredictability
- Height of bed
- Confined work space
- Wheelchairs without adjustable arms

Confidentiality and Privacy

- Workplace confidentiality can be defined as keeping the employee, customer and client information as a private.

- Usually, it is seen that organizations take a number of steps to ensure that client information remains confidential but when it comes to employee information, they are not so much concerned.

- Workplace confidentiality is a framework of workplace procedures and policies.

- Designed to maintain the integrity of confidential or potentially compromising information handled in the workplace.

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1. Bodily privacy

- It includes the freedom to decide what happens to one's body.
- Is keeping of one's body from public view.
- **Bodily privacy is recognized in law**.

2. Decisional privacy

- Decisional privacy is **control over the intimate decisions** one makes.

E.g. About contraception, abortion, and perhaps health care at the end of one's life.

3. Informational privacy

- This type of privacy underlies the notion of confidentiality.

Complete Assistance with client movement

- **General rules for lifting**
- **Body Mechanics:** Is the effort; coordinated, and safe use of the body to produce motion and maintain balance during activity.
- It requires coordination of:
- ✓ Neurological system
- ✓ Muscular system
- ✓ Skeletal system

Proper Body Mechanics

- Use of safest and most efficient methods of moving and lifting is called **body mechanics**.

- This means applying mechanical principles of movements to the human body.

Basic Principles of Body Mechanics

- The laws of physics govern all movements. From these laws we derive the general principles of body mechanics.

1. It is easier to pull, Push, or roll an object than to lift it.

- The movement should be smooth and continuous, rather than jerky.

2. Often less energy or force is required to keep an object moving than it is to start and stop it.

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3. It takes less effort to lift an object if the nurse works as close to it as possible.

- ✓ Use the strong leg and arm muscles as much as possible.

- ✓ Use back muscles, which are not as strong, as little as possible.

- ✓ Avoid over reaching.

4. The nurse rocks backward or forward on the feet and with his or her body as a force for pulling or pushing.

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- Principles under lying proper body mechanics involve Three major factors:
  - ✓Center of gravity,
  - ✓Base of support, and
  - ✓Line of gravity.

1. Center of Gravity

- The person's center of gravity located in the pelvic area.
- This means that approximately half the body weight is distributed above this area, half below it, when thinking of the body divided horizontally.
- In addition, half the body weight is to each side, when thinking the body divided vertically.

- When lifting an object, bend at knees and hips, and keep the back straight. By doing so, the center of gravity remains over the feet, giving extra stability.

- It is thus easier to maintain balance.

2. Base of Support

- A person's feet provide the base of support.
- The wider the base of support, the more stable the object within limits.
- The feet are spread side wise when lifting, to give side-to side stability.
- One foot is placed slightly in front of the other for back-to-front stability.
- The weight is distributed evenly between both feet.
- The knees are flexed slightly to absorb joints.
- The feet are moved to turn the object being moved.

3. Line of Gravity

- Draw an imaginary vertical (up and down) line through the top of the head, the center of gravity, and the base of support.

- This becomes the line of gravity or the gravity plane.

- This is the direction of gravitational pull (from the top of the head to the feet).

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- For highest efficiency, this line should be straight from the top of the head to the base of support, with equal weight on each side.

- Therefore, if a person stands with the back straight and the head erect, the line of gravity will be approximately through the center of the body, and proper body mechanics will be in place.

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- **Body Alignment**

- When lifting, walking, or performing any activity, proper body alignment is essential to maintain balance.

- When a person's body is in correct alignment, all the muscles work together for the safest and most efficient movement, without muscle strain.

- Stretching the body as tall as possible produces proper alignment. This can be accomplished through proper posture.

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- When standing, the weight is slightly forward and is supported on the outside part of the feet.

- Again the head is erect, the back is straight, and the abdomen is in (remember that the client in bed should be in approximately the same position as if he/she were standing).

Modes of Transport

- The uses mode of transport depend on:-

I. Clients ability of mobility, Medical condition and surgical condition.

II. Place to where and from.

- If the client is being transported between destinations in a health care facility a health care professional will inform you of which method you should use.

- Examples of equipment may include:
  - ✓Wheelchair, streture, Bed, Motor vehicle.
  - ✓Isolate / incubators, Evacuation sheet/ ski sheet.

Assist with client Movement

- Equipment for moving and handling people
- Equipment is a core component in:-

- Effective Moving and Handling of the patient during transportation.

- Is the base for risk assessments,

- Correct techniques utilization of selected e equipment achieved by staff training and appropriate facility design.

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- ✓ The proper use of equipment is essential for the safety of both clients and careers to improves the quality of client care.
- ❖ Equipment can also facilitate:-

- ✓ Client rehabilitation,

- ✓ Decrease morbidity and

- ✓ Preserve the dignity of clients

Equipment and assistive devices

- Many devices and equipment are available To aid
- ✓ In transferring,
- ✓ Repositioning, and
- ✓ Lifting patients.
- It is important to use the right equipment based on patient assessment and desired movement.

Types of the equipment

- **Slide sheet**(sliding sheet, slippery Sam):- used under a client to allow easy repositioning in bed, sling attachment and lateral transfers.

- **Transfer belt** (handling belt, gait belt, walking belt)
  - ✓ Used for assisted walking for rehabilitation.
  - ✓ Placed around a client's waist during several type.

- **Transfer board**(slide board, banana board) used to bridge gaps for client transfers from one surface to another, such as from a stretcher or wheelchair to a bed.

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- **Mobile hoist**(floor hoist, floor lift, mechanical lift, portable hoist)
- ✓ used for lifting a client inside a sling or on a stretcher designed for use with hoists.
- **Stretcher**
- ✓ A rigid frame used to carry a client in a lying or supine position.
- ✓ Commonly used in ambulances and by emergency services.
- ✓ Wheeled stretchers are used in hospitals for transporting clients between locations, and should be electric

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- The main types of equipment that are commonly used can be summarized within the four main groups of client moving and handling tasks.

These groups of tasks are:

- ✓ Sitting, standing and walking
- ✓ Bed mobility
- ✓ Lateral transfers
- ✓ Hoisting.

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1.Gait Belts

- A gait belt is a belt, often with handles. It is placed around the patient's waist and secured. The handles can be placed in a variety of configurations so the caregiver can have better access to, improved grasp, and control of the p ould not p inal or th





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2. Stand-assist and Repositioning Aids

- Some patients need minimal assistance to stand up. With an appropriate support to grasp, they can lift themselves.

- Many types of secure devices can help a patient to stand.

- These devices are freestanding or attach to the bed or wheelchair.

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3. Lateral-assist Devices

- Lateral-assist devices reduce patient-surface friction during lateral transfers.
- Roller boards,
- Slide boards,
- Transfer boards,
- Inflatable mattresses, and

- Friction-reducing lateral-assist devices are examples of these devices that make transfers safer and more comfortable for the patient.

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- An inflatable lateral-assist device is a flexible mattress that is placed under the patient. An attached, portable air supply inflates the mattress, which provides a layer of air under the patient. This air cushion allows nursing staff to perform the move with much less effort.

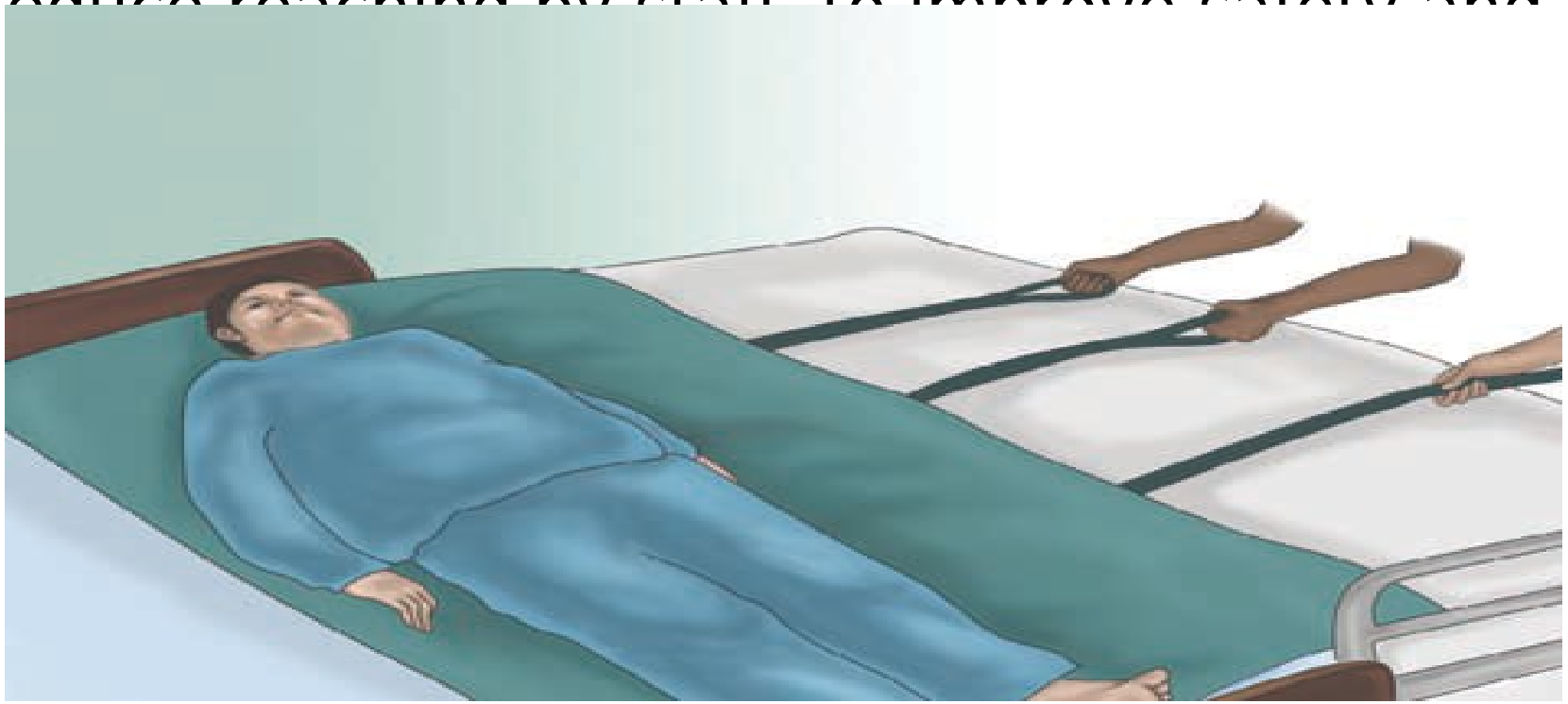
- Transfer boards are placed under the patient. They provide a slick surface for the patient during transfers, reducing friction and the force required to move the patient. Transfer boards are made of smooth, rigid, low-friction material, such as coated wood or plastic.

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Another lateral sliding aid is made of special fabric that

reduces friction. Some devices have long handles that

reduce reaching by staff, to improve safety and



Cont.....

4. *Friction-reducing Sheets*

- Friction-reducing sheets can be used under patients to prevent skin shearing when moving a patient in the bed and to assist with lateral transfers.

- The use of these sheets when moving the patient up in bed, Turning, and Repositioning reduces friction and the force required to move the patient.

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5. Mechanical Lateral-assist devices

Mechanical lateral-assist devices eliminate the need to slide the patient manually. Some devices are motorized and some use a hand crank. A portion of the device moves from the stretcher to the bed, sliding under the patient, bridging the bed and stretcher. The device is then returned to the stretcher, effectively moving the p
members.



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6. Powered Stand-assist and Repositioning Lifts

- Powered stand-assist and repositioning devices can be used with patients who have weight-bearing ability in at least one leg, who can follow directions, and cooperative. A simple sling is placed around the patient's back and under the arms. The patient's feet rest on the device's footrest and then places his or her hands on the handle. The device mechanically assists the patient to stand, without any lifting by the nurse. Once the patient is standing, the device can be wheeled to a chair, the toilet, or bed. Some devices have removable footrests and can be used as a walker. Some have scales incorporated into the device that can be used to weigh the patient.

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