

Title: The Patient's Mobility: Transfer skills

This lesson plan was submitted by Mary-Anne Burress, R.N. of Van Buren Adult Ed.

Purpose: Safe patient transfers**Time Required:** 2 hours**Lesson objectives:**

- Spell and define terms
- List the guidelines for safe transfers
- Describe the difference between standing and sitting transfers
- Demonstrate the correct application and use of a transfer belt
- Demonstrate the following
 - Transfer patient from bed to chair, chair to bed, and one and two assist
 - Independent transfer and standby assist
 - Transfer patient from bed to stretcher and stretcher to bed
 - Transfer with mechanical lift
 - Transfer to and from toilet
 - Transfer to and from tub
 - Transfer in and out of car

As a C.N.A. you will work with a variety of individuals who are mentally and physically disabled. You will learn how to safely transfer patients from one place to another.

Occupational Health/Safety Concerns: Be aware of the patient's capabilities and know the method of transfer. Use correct body mechanics to prevent injury to yourself. Make sure the bed is in the lowest position and all wheels locked (wheel chair, stretcher, bed). Never allow the patient to place their hands on your body during a transfer. Make sure your hands are in the correct position, not under the arms, or shoulders. Use a transfer belt, unless contraindicated. Make sure shoes or non-slip soles are on patient. Be aware of surrounding equipment (tubes, cords etc.). Always explain the transfer and stand close to the patient. Prior to using the mechanical lift, check the sling and straps for fraying. Remember that mechanical lifts require a minimal of two assists.

Instruction Materials: Text review, transfer video, power point, demonstration with physical therapist (wheelchair, stretcher, transfer belts, tub chair, mechanical lift.)

Student Materials: Text, transfer belts

Performance/tasks to be accomplished: Review unit. PT demonstration and student demonstration. Practice with disabilities such as one arm in a sling, use gripper sock full of beans, non weight bearing on one lower extremity, transfer belt too tight/loose, being transferred in a mechanical lift.

In Summary: Best method for transferring patient. Consider the size, physical condition and strength endurance. Students will need to perform successfully all transfers listed in lesson objectives.

Performance/proficiency to be evaluated by: Skills check off and written quizzes.