




SCHIPP.M4.005

SAFE WORK PROCEDURE		REPOSITIONING IN BED ONE MINIMUM ASSIST	
Team Name / Team Lead: SCHIPP Team, Regional Director Staff Development, Infection Prevention and Control	Approved By: Vice President – Human Resources	Issue Date: June 29 2016	Review Date: December 20 2017 Revised date: January 2 2018
<p><b>Potential Hazards:</b></p> <ol style="list-style-type: none"> <li>1) If procedure not followed, there is risk for awkward postures and overextension, which can lead to musculoskeletal injury.</li> <li>2) Depending on the workload, repetitive motions may be a risk.</li> <li>3) Client or caregiver may slip, trip and fall.</li> <li>4) Client may grab or strike from reactive or defensive behavior.</li> <li>5) Microorganism Transmission</li> </ol> <p>Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.</p>		<p><b>Personal protective equipment / devices required / other safety considerations:</b></p> <ul style="list-style-type: none"> <li>➤ Side rail, trapeze if applicable</li> <li>➤ Slider</li> <li>➤ Appropriate Footwear for Caregiver and Client (if footwear makes it easier for Client to assist)</li> <li>➤ Clothing that allows Caregiver movement</li> <li>➤ Routine Practices; Additional Precautions as assigned</li> </ul>	
		<p><b>Training:</b></p> <ul style="list-style-type: none"> <li>➤ Initial Orientation and regular review</li> <li>➤ Training on use of sliders for repositioning</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>➤ Follow Manufacturer's Instructions for equipment</li> <li>➤ <a href="#">SCHIPP.M1.001 Module 1</a></li> <li>➤ Video <a href="#">SCHIPP.RES.834 Repositioning in Bed One Minimum Assist</a></li> </ul>	
<p><b>Client Criteria and Supportive Information:</b></p> <ul style="list-style-type: none"> <li>➤ Can follow instruction</li> <li>➤ Moderate arm strength in at least one limb</li> <li>➤ Moderate to full leg strength in at least one limb</li> <li>➤ Moderate trunk strength.</li> </ul>			
<p><b>Steps to perform this task safely:</b></p>			
		<p><b>Set Up</b> <a href="#">See SCHIPP.M2.002 Guideline Preparation For Client Handling Tasks</a></p> <p><b>Caregiver Inserts Slider to Assist with Movement:</b></p> <ul style="list-style-type: none"> <li>➤ Raise bed, if able to waist height, or put knee on bed to keep back straight.</li> <li>➤ If Client has difficulty with weight shifting up in bed, Caregiver inserts a slider.</li> <li>➤ Slider is inserted from below buttocks, at small of back, and at neck/head under pillow and under Client as far as possible.</li> <li>➤ With knee on bed, Caregiver asks Client to roll towards them.</li> <li>➤ Client bends knees slightly, and then turns by crossing top arm over chest so that far hand is resting on the bed in front of body or reaches for side rail or trapeze bar to assist with rolling into side lying.</li> </ul>	



	<p><b>Caregiver prepares for Client to Reposition:</b></p> <ul style="list-style-type: none"> <li>➤ The slider is pulled out and flattened onto mattress. Client is instructed to roll back.</li> <li>➤ A pillow is placed at headboard to cushion Client when moving up in bed.</li> </ul>
	<p><b>Position Yourself:</b></p> <ul style="list-style-type: none"> <li>➤ Caregiver maintains neutral spine and assumes a wide base of support at end of bed or sit/half kneel on end of bed.</li> <li>➤ Caregiver stabilizes Client's feet/ankles to assist.</li> </ul>
	<p><b>Client Moves Up and Down or Side to Side in Bed:</b></p> <ul style="list-style-type: none"> <li>➤ Caregiver cues Client to bend knees and place feet flat on mattress.</li> <li>➤ Client may move up or down or side to side in bed.</li> <li>➤ When moving to side of bed, Client may first move feet in that direction.</li> <li>➤ Client pushes down with feet, legs and hands while buttocks and trunk slide on slider.</li> <li>➤ Client may be cued to use side rails and/or trapeze bar if available to pull on when moving up, down, or side to side in bed.</li> </ul>
	<p><b>Client Turns:</b></p> <ul style="list-style-type: none"> <li>➤ Caregiver stands on side Client is turning towards.</li> <li>➤ Cue Client to reach across body to grab side rail/mattress with opposite knee bent. Ask Client to pull on rail, while pushing down with arm nearest the rail to turn.</li> <li>➤ Minimum assistance may be provided by applying a low level of backward weight shifting on Client's bent knee and shoulder to assist with turn.</li> <li>➤ Raise bed to waist height and lunge with backward movement OR place knee closest to Client's head to decrease overreaching and assist at bent knee/hip and shoulder to guide Client towards edge of bed if required.</li> </ul>
	<p><b>Removal of Slider:</b></p> <ul style="list-style-type: none"> <li>➤ Remove slider if used; by sliding bottom sheet of slider under Client, from under knees upward toward the neck.</li> </ul> <p><b>Comfort and Positioning:</b></p> <ul style="list-style-type: none"> <li>➤ Caregiver ensures Client is comfortable and safely positioned.</li> <li>➤ Bed should be lowered to proper height when Caregiver leaves the room (lowest position or so Client can stand on own).</li> </ul>
<p><b>Managers/Supervisors:</b> ensure all duties are performed in accordance to training on the Safe Work Procedure, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures) to ensure the staff member, co-workers and clients are safe.</p> <p><b>Staff performing task:</b> perform task in accordance to training on the Safe Work Procedure and established health and safety regulations. Notify Manager or supervisors of all occurrences, injuries, illnesses or safety and health concerns which are likely to harm themselves or others. Ensure work is completed safely for co-worker, client and personal safety.</p> <p><b>Note:</b> this task will be monitored periodically to ensure compliance and safety.</p>	