2010 Innovative Uses and Tips for Safe Patient Moving Equipment:

Better Care, Less Wear

Safe Patient Moving: the Keys to the Kingdom: Learning Objectives

A. Describe what
   - Consistency
   - Communication
   - Collaboration
   - Comfort
   have to do with Safe Patient Moving

B. Learn specifics of using:
   - a SPM stand as an ambulating device
   - a lift & sling to assist in pt cares
   - a lift to sit a patient up and to the edge of the bed
Remember to Actively Care

• Move somewhere and fill out or cut

Consistency

• Each and every time you need to help a patient move:
  – Assess patient’s ability
    • Perform Get Up and Go Score if RN or asks patients’ RN for score
    • Use the proper equipment *(not draw sheet or gait belt)* if Get Up and Go score 3 or 4 or based on clinical judgment
  – Check the equipment. For example:
    • Check Battery, straps, sling for condition
  – Check the space BEFORE you move:
    • Are there chairs, equipment, people, clutter in the way of the move?
  – Introduce to the patient and family before bringing in equipment
    • SPM equipment is to protect patient from harm
    • All Allina we are proud to use SPM equipment with ALL adult patients who need help moving.
**Care Improvement**

- Using equipment correctly is important for optimizing patient care
  - Reducing skin break down
  - Reducing falls
  - Pt satisfaction
  - Increasing patient mobility
  - Increased ability to do cares

**Communication & Collaboration**

The health and safety of every co-worker is equally important; no one is 'expendable'. Make sure your fellow-caregivers know what the patient requires to be moved safely. Consider all the staff who may be moving with a patient you care for:

- Transport
- Radiology
- NA/PCA
- RN
- Caregivers on other shifts
- Medical transportation

**How do you make sure the other caregivers have all the information they need? Key hand off tools:**

- Verbal communication ---the best, but not always possible
- Write SPM equipment needs on whiteboard
- If transferring between units, document on passport
- Document in Excellian (with the knowledge it is not really much of a communication tool)
Collaboration

• Success of staff protection by SPM and Falls Prevention for Patients are intimately tied together
  – Same dependent/ semi-dependent patient population
    • Get Up and Go Score of 3 or 4
  – Risk of moving these patients without equipment shared between caregivers and patients
  – Key areas for joint focus are toileting and ambulating
    • Ideal State for at-Risk patients
      – Scheduled toileting with using SPM equipment to bedside commode (NOT gait belt)
      – Ambulating patients safely using SPM stands or lifts with walking harness (NOT gait belt and another staffer following with a wheelchair to ‘catch’)

How to use an EZ stand as a safe ambulating device

• Twenty-three percent of patient falls with harm are from ambulating patients
• Using safe patient moving equipment for ambulating patients prevents falls and protects caregivers’ backs.
• In the following pages you will learn how to use an EZ stand to ambulate patients
When to use an safe patient moving equipment to ambulate a patient?

- When the patient’s Get Up and Go Score is a 3
- Any time you are not confident that the patient is able to safely ambulate (regardless of Get Up and Go Score)
  - Remember to give patient sensory aids such as glasses and hearing aids
  - provide fall- resistant booties

Preparatory Steps

- Gather tools
  - In addition to regular EZ sling, you will need
    - Walking arms
    - Seat strap

- Make sure the walker handle holes are in end of regular handles

- The holes can be cut through the black foam if not already exposed
Preparatory Steps

• Remove footplate*  

Insert walker handles into stand handles 
(Video of handle insertion 13 cut video at 1:02 seconds)

• If patient is short, start with handles all the way out 
• If tall, all the way in. 
• Adjust as needed 
• Makes sure handles are the same on each side by matching the color bands

* Most, but not all, EZ stands have a removable footplate

Bring Lift and Patient Together

• Move calf strap out of the way 
• Bring lift to patient 
• Fasten sling to short strap 
• Apply brakes on EZ stand before patient is lifted ONLY when using EZ lift as walker (release before walking) 
• Re-adjust fanny strap as needed 
• (Watch video 11)
Ambulate Safely!

- (Watch video 9)
- Points to remember:
  - Let the patient know what to expect at each step
  - Release lift brakes
  - Move lift for patient at their pace, making sure you have a clear path behind you
  - Even if patient falters, patient will not fall to ground & caregiver’s back is safe
  - If patient needs a rest, bring seating surface to them and lower them into it.
    - With someone spotting the patient, you can put foot plate back in and use EZ stand to bring patient back to bed or to bedside commode for toileting
    - Remember to apply brakes during connection to patient ONLY when using as a pivot device rather than a walker

Other SPM Equipment for Safe Ambulation

- With a specially designed ambulating harness, you can also ambulate patients using
  - overhead lift, if the tracking is placed for it
  - for shorter patients (less than 5’9”)
    you can ambulate using a floor lift
- The patient can ambulate normally with the device catching the patient if they start to fall
- While ambulating with these devices, your patient can use their walker or cane as they normally might
  - Ask your local SPM site lead or SPM SuperUsers for more information
Using SPM Equipment for scheduled toileting

- Harm is still occurring to patients and caregivers from toileting.
  - 40% of falls are related to toileting
  - If staff are assisting, the fall becomes a pt moving injury
- Scheduled toileting is a successful approach to reducing these falls, and is becoming part of the practice at Allina
  - SPM equipment for toileting include the floor stand (such as the EZ Lift) or a floor or overhead lift with a chair loop sling
- On the following pages are some nuances that will make your transfer of patients using the chair loop sling more effective, safe and comfortable (the move itself is something you are already familiar with).

Using Chair Loop Sling for transfer to commode or chair
Preparatory Steps

- Choose sling size based on patient weight and shape. Best fit if:
  - Leg strap/web fits lies above knee
  - Lower edge of sling at coccyx (not covering buttocks, nor buttocks hanging out)

Sling too small
- Pt head hits spreader bar
- Leg web does not support thighs

Sling too big
- Pt ‘swimming’ in sling
- Pt buttocks can slide out of back, leading leg web to cut into thighs

Sling just right
- Thighs well supported
- Pt buttocks accessible, comfortable
Chair loop sling placement tips for comfort and safety

- Whether the task is placing the patient on a commode or some other task, the placement of the chair loop sling is critical
  1. If the sling is placed on the bed before the patient arrives, make sure to center it
  2. If you need to put under patient, the upper end of the cut out should be placed at the patient's coccyx (not below!) and centered
  3. Stuff sling under
  4. Roll patient and tidy
  5. Voila! Sling is in place, ready for your next move

Chair loop sling for pericare

- For your safety and to increase the safety, comfort and dignity of your patient, you can use a chair loop sling to hold the patient in place while pericare is performed.
- After placing the sling under the patient, attach ONLY the lower loops to the lift (floor or overhead) and raise the patient's legs
Tips for Comfort and Skin integrity

- Make sure sling is not bunched
- Place a towel or small pillow if sling appears to be digging into leg

Using a Lift and Repositioning sling to roll a patient in bed - Preparations

- Check sling (including stitching) and straps for fraying. Discard if you find fraying.
- If using overhead lift, check battery status. If lift is in charging stations and:
  - amber light is solid, you have full charge
  - amber light is blinking, you have partial charge; should be enough for the move
  - If beeping noise is heard, you don’t have enough “juice” and should abort the move with the lift
- Cooperation: REMEMBER to return to charger for use by the next caregiver
Rolling pt in bed using full lift

- Can be done with either an overhead lift or a floor lift using 2 point spreader bar ONLY
- (Video of Cindy showing the move)
- Collaboration: If using floor lift, Be SURE to put the spreader bars into the device’s pocket for the next caregiver

Summary

- Actively caring means:
  - **Consistent** use of SPM equipment for all patients who have a Get up and Go score of 3 or 4
  - **Collaborating** with fellow caregivers in
    - making sure equipment is ready for next user
    - Equipment is used as a fall risk intervention when mobilizing high risk patients
  - **Communicating** with fellow caregivers, patient and family about specific pt moving needs
  - Providing better **Care** and **Comfort** for our patients by equipment use and attention to sling placement