

Mechanical Ceiling/Floor Transfer (Hoyer)

Technique:

- With 2 or more people determine who is going to be the leader and who is going to assist.
- Explain the process to the patient and what is required for them to assist.
- Ensure the bed height and transfer surfaces are at an appropriate height for the caregiver.
- Place the sling under the patient by rolling to one side and then the other, encourage assistance of the patient as able.
- Use the controls to raise patient high enough to clear the bed.
- Push the lift and patient as needed to required area.
- Position the patient directly above the chair, assisting client to sitting position.
- Lower the lift down to allow patient to assume sitting position in chair.
- Remove straps as they become loose and position patient as needed.

TIPS:

- Clear any obstacles from path.
- Ensure you have 2 or more people
- Choose the appropriate lift for the patient and the transfer.
- Choose an appropriate sling and size of sling for the patient
- Ensure red light on lift is NOT flashing (ceiling lift)
- Ensure bars are not close to patients head.
- Hold the bar with one hand at all times when near patient
- Guide and assist patients' legs as necessary.
- To stop function of lift pull emergency stop (red cord) until you hear a click (CEILING LIFT)

One Person Assist Transfer

Technique:

- Face the patient and explain the process and any assistance they can give.
- Position chair preferably on the stronger side, securing brakes.
- Instruct the patient to move towards the edge of the bed/seat, lean forward and place feet flat on the ground.
- Stand close to the patient's weaker side stabilizing their foot and knee.
- Maintain a strong base of support and put your hands on hips or low back of the patient to provide support.

Stand-Pivot:

- Instruct patient to look up and push up from sitting position, counting on 1-2-3 to Stand and stand together.
- Upon standing, instruct the patient to turn feet until the back of their legs comes in contact with the chair.
- Stabilize patient weaker foot and knee with yours.
- Instruct the patient to grab for the armrests and lower to a sitting position.
- Ensure patient is properly positioned in the chair.

Low-Pivot:

- Instruct patient to look up and push up from sitting position, counting on 1-2-3.
- Come to low lift off and swing hips towards chair, holding onto the armrests for support.

TIPS:

- Ensure the patient has proper footwear.
- Stay close to the patient.
- Low-pivot: patient does not come to a standing position.

Rollboard Transfer

Techniques:

- Using 2 people, know who is going to place the rollboard and who is going to roll the patient.
- Ensure the surfaces are equal or the surface they are being transferred to is slightly lower.
- Using a flat sheet or incontinence pad, roll the patient away from the surface they are being transferred to.
- Place the rollboard under the patient to the level of midline → return patient to supine with head and heels on board
- Caregivers on opposite sides of the surface the patient is being transferred to
- Position yourself in line with the bulk of the patients body weight, gripping the sheet as close to the patient as possible.
- Inform the client we are moving on “three”
- Caregivers pull with smooth and even force until desired position is achieved.
- Roll patient again to remove the board.
- Position as needed.

TIPS:

- Ensure transfer surfaces are equal or close to.
- Ask the patient to assist in rolling as able.
- Ensure the rails of the surface are put back in place once transfer is complete.



Sara Steady Transfer

Technique:

- Have the patient sitting at the edge of the bed or other surface with legs hanging over the side.
- Position the Sara Steady, with brakes on, close to the patient with the two seat haves up, placing patients' feet on the footboard and knees against the kneepad.
- Instruct the patient to hold onto the crossbar and pull up to a standing position.
- Put the seat haves down allowing patient to sit comfortably while still holding the crossbar.
- Once the patient is secure and safe remove brakes from the Sara Steady and transport patient to transfer surface.
- Position Sara Steady in front of chair/transfer surface adjusting arms as needed and putting brakes on.
- Instruct the patient to hold the crossbar and pull up again to a standing position, turn the seating haves up.
- Encourage the patient to sit themselves in the chair/transfer surface.

Chair to bed:

- Complete the same steps as doing in a chair, ensuring bed rails are lowered.
- Once in a seated position on the bed, ask/assist patient to swing legs up onto the mattress and position as needed.

Toileting:

- Complete the same steps as doing in a chair.

TIPS:

- Ensure breaks on Sara Steady are on prior getting patient to transfer to it.
- Ensure brakes and safety of both transfer surfaces prior to the transfer.
- Wheel arms can be adjusted depending on the width of the bed, chair, or other transfer surface.
- 2 person assist can be completed by standing on each side of patient assisting with posture and support where needed.

Slide Board Transfer

Technique:

- Patient sitting at edge of bed and angled towards chair
- Armrest of wheelchair is removed
- Have patient lean to the side and slide one end of board under the their hips/buttocks and the other end half-way covering the transfer surface (chair/bed)
- Encourage the patient to use their arms to scoot along the board
- HCP can assist at the hips/buttocks as needed to complete transfer
- Once the patient is settled in the chair, have them lean to the side again to remove the board.

TIPS:

- Adjust the two surfaces between the sliding board to be a similar height (if possible, position height of bed so patient is going downhill)
- Ensure the patient does not place his/her fingers under the ends of the board, because as they shift their bodyweight their fingers will get pinched underneath.
- If using a wheelchair, ensure the brakes are on, and the arm rest and foot rest on the appropriate side are removed.
- 2 person assist can be done depending on the patient, 2nd person would stand behind the patient assisting with movement of hips and back support during the transfer.

Two-Person Assist Transfer

Technique:

- Decide who is going to be the leader and who is going to assist.
- One caregiver faces the patient and explain what is required for them to assist.
- Position wheelchair on patients' stronger side (preferably), put brakes in place.
- Instruct the patient to scoot towards the edge of the surface if they can, lean forward and place their feet flat on the ground.
- One caregiver stands in front of patient with a wide BOS, stabilizing the patients' knees and feet.
- Place your hands on the patients low to mid back to assist in supporting the patient.
- Second assistant assists from behind on the patients hips
- Instruct patient to look up and push up from sitting position.

Stand-Pivot:

- Instruct patient to look up and push up from sitting position, counting on 1-2-3 to Stand and stand together.
- Once standing instruct the patient to pivot until the back of their legs comes in contact with the chair.
- Stabilize patient's weaker foot and knee with yours.
- Instruct the patient to grab for the armrests and lower themselves to a sitting position.
- Ensure patient is properly positioned in the chair.

Low-Pivot:

- Instruct patient to look up and push up from sitting position, counting on 1-2-3.
- Stay low when coming to lift off and swing hips towards the chair, holding onto the armrests for support.

TIPS:

- Ensure the patient has proper footwear.
- Stay close to the patient.
- Low-pivot: patient does not come to a standing position.