

Body Mechanics Skills Checklist

Competency Statement

Demonstrates knowledge, conceptual, interpersonal and technical skills necessary to provide age specific patient transfers and mobility in the in-patient care setting.

Equipment/Supplies: Wheel chair, patient walker, cane, patient bed, and posey/gait belt

Standards: Given the needed equipment and a place to work, the student will perform this skill with 80 % accuracy.

| EVALUATION CRITERIA | Meets Criteria | Needs more Work | Points |
|---|----------------|-----------------|--------|
| <p>1. PROVIDES ASSISTANCE WITH PATIENT MOBILITY (2 points)</p> <ul style="list-style-type: none"> • Uses proper body mechanics • Ambulates patients • Positions/repositions patients • Transfers patients in/out of bed, encourages patient to be OOB (out of bed) as ordered or tolerated. • Proper use of walker/cane/wheelchair/crutches • Proper use of lift device or use of sliding sheets | | | |
| <p>2. TRANSFERRING A PATIENT FROM ONE CHAIR OR WHEELCHAIR TO ANOTHER (2 points)</p> <ul style="list-style-type: none"> • Identify patient and explain what you are doing • Wash hands and introduce yourself • Provide privacy with a closed door or screen • Place the chair the patient will be transferred into against a wall, or have student hold the chair so that it will not slide. • If wheelchair is used, make sure that the wheelchair is locked and the footrests are up. • Position the chair so that it is at a right angle to the place where the patient is sitting. | | | |
| <p>3. USING GAIT EQUIPMENT (2 points)</p> <ul style="list-style-type: none"> • Apply the gait belt around the patient's waist making sure the buckle is to the side of the patient. • Grasp the gait belt on each side and ask patient to push with their hands on the arms of the chair or seat if no arms on chair. • On count of three, bend your knees and assist the patient to a standing position and pivot with the patient until the patient can feel the new chair against their legs. • Lower patient into the new chair as you bend your knees keeping your back straight. | | | |
| <p>4. MOVING PATIENT IN BED (2 points)</p> <ul style="list-style-type: none"> • Roll patient on one side • Move patient to side of bed. Ask patient to bend legs and to prop on the same side of elbow. • Hold your hands on the patient's pelvis, ask to raise him/her buttocks. Sit patient on the edge of bed with feet flat on the floor. • Stand in front of patient and hold both shoulders keeping patient's feet flat on the floor. • Help patient raise bottom from the bed and rotate him/her towards the chair or wheelchair. | | | |

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|--|----------------|-----------------|--------|
| <p>5. USING WALKER OR CANE (2 points)</p> <ul style="list-style-type: none"> • Check rubber tips on bottoms of canes, crutches and walkers and the rubber handgrips, check screws, nuts and bolt for tightness. • Place the walker in front of you with the open side facing the patient. • Make sure all 4 tips or wheels of your walker are touching the ground. • Lean slightly forward and use your arms to help patient stand up. • Grab the handles of the walker. • If patient is using a cane have them use on the strong side and you hold them on the weakest side to ambulate. | | | |

Passing Grade 80% (8 out of 10)

Total Points: _____

Instructor Signature: _____

Date: _____

