

Oh My Aching Back:

How to Safely Assist Your Loved One from Here to There

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Objectives

- Discuss fall prevention and home safety
- Identify pressure points when bed bound or chair bound
- Explain positioning patients in bed to relieve pressure points
- Describe the basics of body mechanics
- Demonstrate proper lifting technique

Objectives


- Assist a person from lying to a sitting position
- Bed-to-chair pivot transfer
- Discuss helpful durable medical equipment (DME) in home care
- Practice transfers

Home Safety/Fall Prevention



Home Safety Tips

- Remove throw rugs that may slip
- Keep your home well lit
- Tape down loose electrical cords
- Place bright tape on steps and banisters
- Install handrails if not already present



Home Safety Tips

- Be aware of pets
- Clear walking space
- Install handrails in the bathroom
- Use an elevated toilet seat
- Use a shower seat and/or non slip rubber mats in the bathtub



Home Safety Tips

- Use an assistive device
- Evaluate home for fall risks
 - Remove or change these things
- Move living space to first floor if stairs are too difficult



Home Safety Tips

- Regular exercise program to maintain strength and balance
- Contributing factors to weakness or balance problems
 - Muscle-wasting
 - Disease progression or edema
 - Generalized deconditioning



Pressure Sores



What is a pressure sore/ulcer?

- A pressure sore is injury to the skin and/or underlying tissue usually over a bony prominence as a result of continuous pressure on the area



Risk Factors for Pressure Sores/Ulcers

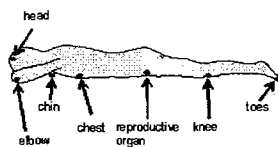
- Bed bound
- Chair bound
- Poor nutrition
- Moisture and warmth
- Constant pressure on same spot



Positioning

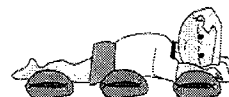


Prone Position Pressure Areas

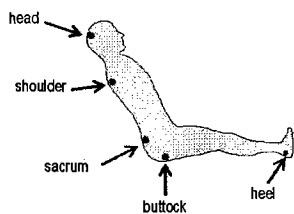


Proper Prone Positioning

- Turn the head to one side
- Face down
- Place both arms by each side of the head
- Support the shoulders, chest and ankles with thin pillows

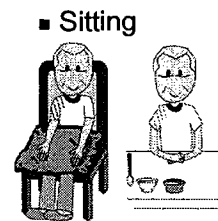


Sitting Pressure Points

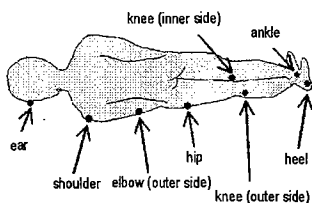


Proper Sitting Positioning

- Sit straight
- Back supported
- Support the upper limbs
- Place feet on floor or foot rest
- Knees bent

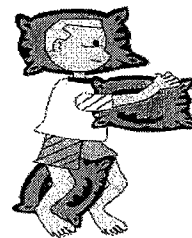


Lateral Position Pressure Areas

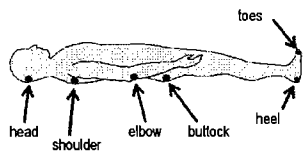


Proper Lateral Positioning

- Pillow under head
- Pillow between knees
- Pillow under top arm
- Lateral position

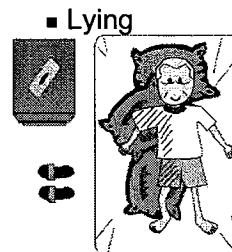


Supine Position Pressure Areas



Proper Supine Positioning

- Support one side with pillows
- Off loading
- Place a pillow under the knee
- Keep knee slightly bent



Prevention of Pressure Sores

- Good skin care
- Turn and position patients every 2 hours
- Observe and report skin condition
- Encourage mobility
- Anticipate toileting needs
- Good nutrition and fluids

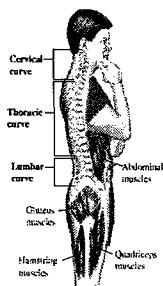


Body Mechanics

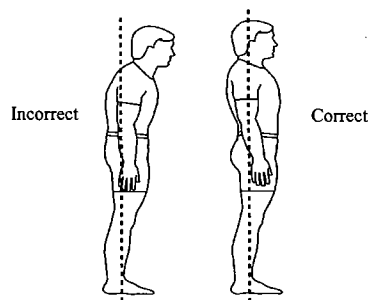


Posture

- Three curves of spine
- Improper posture causes:
 - Back pain
 - Headaches
 - Neck pain



Posture



Lifting- Basics of Body Mechanics

- Think before you lift
- Plan the path
- Test the load
- Maintain a wide base of support
- Tighten stomach muscles when lifting



Lifting- Basics of Body Mechanics

- Lift with the legs
- Keep your back in its natural curve
- Bend at the knees
- Hold objects close



Lifting- Basics of Body Mechanics

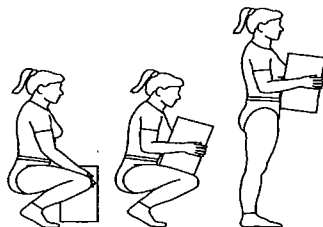
- Do not twist when carrying
- Move or change directions with the feet
- Push rather than pull



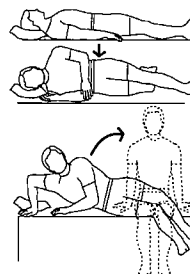
Basic Squat Lift

- Stand close to the object
- Squat down, keeping your back straight
- Firmly grasp the object
- Pick the object up and hold close to your body
- Stand up slowly and smoothly

Lifting



Sitting up from Lying Position



1. Bend knees up
2. Roll to side with hip and shoulder moving at the same time
3. Slide legs off edge of bed with knees bent
4. Push up with arms, using the legs as a counter weight and sit up

Sitting up to Lying Down

- Reverse the procedure:
 1. Begin sitting on bed
 2. Lower patient down onto his/her side
 3. Slide the patient's legs up onto bed
 4. Roll over on back

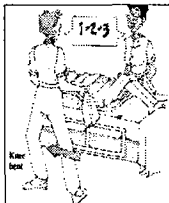
Pulling a Person Up in Bed

- Use a draw sheet
- Two people
- HOB down/remove pillow
- Arms across chest
- Grasp draw sheet
- Point foot in direction of move



Pulling a Person Up in Bed

- Lean in direction of the move
- Have person bend knees & push down with feet
- Count to three
- Lift and pull the sheet up
- Repeat as needed



Transfers- Squat Pivot

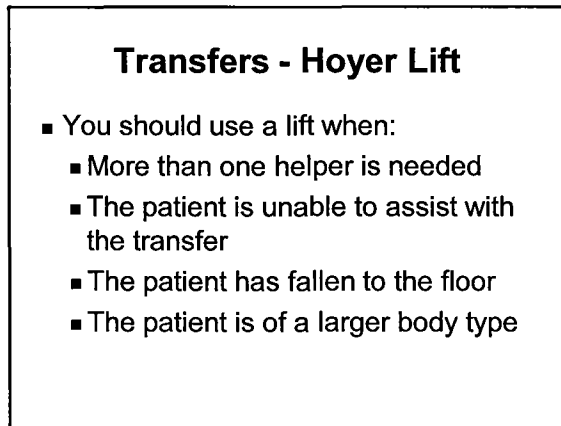
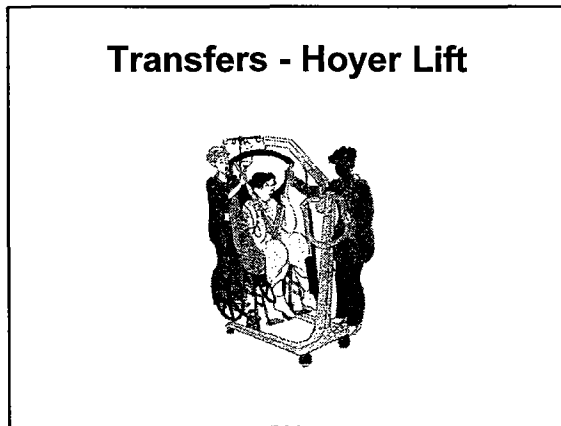
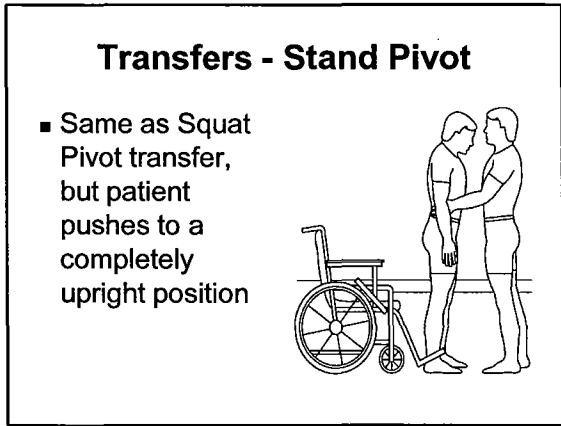
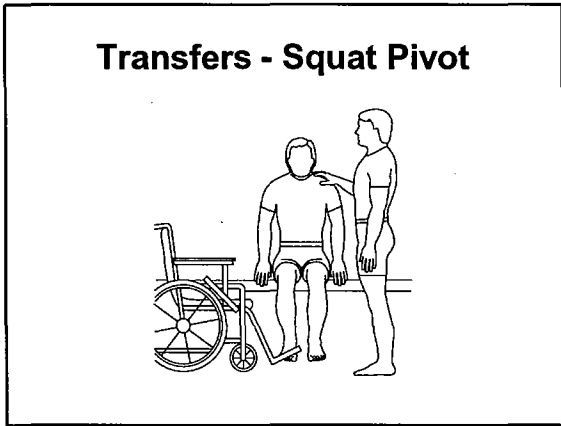
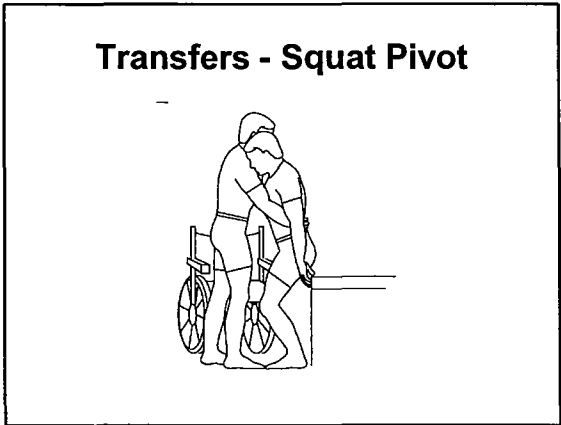
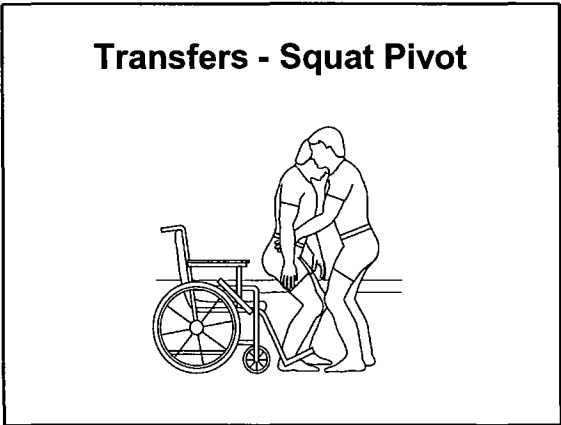
- Place transfer belt
- It helps to slightly angle the chair
- Lock the brakes on the chair
- Move footplates
- Scoot person forward on seat
- Make sure the person's feet are flat on floor
- Lean person forward slightly

Transfers- Squat Pivot

- Place your hands on the belt
- On the count of 1-2-3, lift as the person pushes up to a partial standing position
- Person should reach toward the surface he/she is going towards, while you help to pivot him or her slightly
- Seat person on the surface and make sure he or she is stable and secure

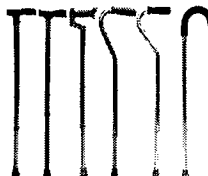
Transfers - Squat Pivot





Useful Equipment

- Hospital Bed
- Rolling Walker
- Cane
- Bedside Commode
- Shower Chair
- Raised Toilet Seat
- Wheelchair



Practice/Comments/Questions

