

Generic Patient Handling Safe Work Procedure (SWP)

SWP 5 Lying to sitting on side of bed

SWP 5. Lying to sitting on side of bed

The following generic SWPs are for Task No. 5 on the FURAT patient handling transfer table:

- the SWPs are coded to align with the numbering in the transfer table;
- tasks shaded green are preferred methods;
- tasks shaded yellow are not preferred – they should, where possible, be replaced by a method from the green section;
- refer to local SWPs for descriptions of the use of techniques/equipment that are not described here.

The choice of technique must be based on the Individual Patient Handling Assessment, and the principles of safe patient handling should be used. Workers should also refer to the Standard Preparation and Precautions that apply to all patient handling tasks.

The following pre-activity screens are a minimum guide for the task of lying to sitting on side of bed:

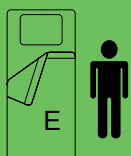
Pre-activity functional screens for lying to sitting on side of bed	Rationale
Can the patient comprehend and cooperate?	<ul style="list-style-type: none"> • More workers may be needed to complete the task if the patient resists the transfer or does not assist when instructed.
Can the patient use their arms to push or pull themselves up in bed with or without aids (e.g. monkey bar, bed stick, bed rope)?	<ul style="list-style-type: none"> • Does the patient have adequate upper limb strength to use aids to manoeuvre themselves (e.g. use a bed stick to facilitate the roll and to lever their upper body into sitting, or use a monkey bar to assist while the backrest is raised)?
Can the patient bridge?	<ul style="list-style-type: none"> • Can the patient lift their bottom off the bed to assist in moving close to the edge of the bed? If the patient is unable to bridge, it may also indicate poor trunk stability which may affect their ability to sit on the edge of the bed.
Can the patient reach and roll?	<ul style="list-style-type: none"> • Does the patient have adequate strength to reach towards the direction of the roll to facilitate the roll? • If the patient is weak, they may need assistive devices such as a bed stick and/or a transfer method for a needs-assist patient. • If the patient cannot complete the task, they may need more assistance and a transfer method for a dependent patient may be chosen.
Can the patient maintain sitting balance?	<ul style="list-style-type: none"> • Consider the patient's ability to sit unassisted and to maintain dynamic sitting balance. If they have poor sitting balance, a transfer method for needs-assist patient may be chosen. • Consider the patient's ability to sit unaided on the side of a manual wind-up bed as the height is lowered. If the patient has poor sitting balance, then two workers may be chosen.

Key Information:

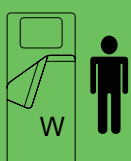
1A = one-worker assist **2A** = two-worker assist

+/- = with or without

5a: Patient moves self into sitting on edge of bed with prompting



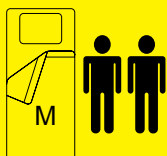
5b: 1A lying to sitting on side of bed by raising back of electric bed with a needs-assist patient



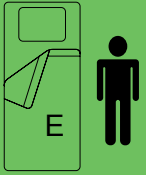
5c: 1A lying to sitting on side of bed by raising back of manual (wind-up) bed with a needs-assist patient, with or without aids/equipment



5d: 1A lying to sitting on side of bed through side lying



5e: 2A lying to sitting on side of bed by raising back of a manual bed (non wind-up) with a needs-assist patient



5b: 1A (one-assist) lying to sitting on side of bed by raising back of electric bed with a needs-assist patient

Plan:

Complete the pre-activity functional screens relevant to this transfer method. To perform this transfer method, the patient must be able to:

- ✓ comprehend and cooperate
- ✓ use their arms
- ✓ bridge
- ✓ reach and roll.

Prepare:

Environment/Equipment

1. Check the work area and ensure appropriate equipment is available.
2. Adjust the bed to an appropriate height for the worker (about knuckle height).
3. Raise the back of the bed to the required height, as determined by the patient's functional level.

Patient

Explain the transfer to the patient. Instruct or assist the patient to:

1. bridge/shuffle across closer to the edge of the bed, allowing at least a handspan of space between the patient and the edge of the bed
2. walk their legs to the edge of the bed (Figure 1).

Worker

The worker is pre-positioned:

- in front of the patient on the side they are sitting up on
- in a safe work posture, e.g. side lunge.

Do:

Explain the procedure to the patient and, on the agreed count, the worker:

- instructs or assists the patient to lower their legs off the bed, as they push through their arms into full sitting on the side of the bed (Figures 2 and 3).

- helps guide the patient's upper or lower body as they move into sitting, providing no more than a comfortable force.
- can assist the patient's upper body by supporting their shoulder or behind their shoulder blade (Figure 4)
- if assisting to move the patient's legs over the edge of the bed, the worker should use safe postures and movements such as a semi-squat or side lunge as the patient's legs are lowered towards the floor (Figure 3).

When the patient is sitting:

- they grasp the mattress or side of the bed to maintain their balance (Figure 3) and
- the worker lowers the bed height so that the patient's feet are supported on the floor.

Review:

After the transfer:

1. ensure that the patient is in the desired position
2. make the patient safe
3. make the area safe
4. check that the transfer went according to plan
5. report/document any problems.

Safe variations include:

1. Two-assist lying to sitting on side of bed, by raising the back of an electric bed (Figure 5)

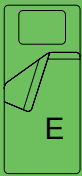
Worker 1 assists with the patient's legs while Worker 2 guides the patient's upper body (e.g. guide the patient's far shoulder and assist the patient to push through their near arm into sitting). Workers adopt safe postures and movements, as described above.

2. One-assist lying to sitting on side of bed, by raising the back of an electric bed and using a slide sheet (Figure 6)

Insert a folded slide sheet under the near buttock to reduce the resistance on the bed as the patient moves into sitting. With the slide sheet in place, the worker assists the patient to move their legs to the edge of the bed and to lower them towards the floor, using the safe postures and movements described above. When the patient is in sitting, remove the slide sheet from under them.

3. One-assist lying to sitting on side of bed, by raising the back of an electric bed and using a leg strap, with or without a slide sheet (Figures 7 and 8)

Move the patient into sitting by raising the backrest of the bed. Then position the leg strap around the patient's legs. Grasp it to assist with moving the patient's legs to the side of the bed and lowering them to the floor. Use safe postures and movements, as described above.



5b: 1A lying to sitting on side of bed by raising back of electric bed with a needs-assist patient

Example Images



Figure 1: Backrest is raised and the patient walks their legs to the edge of the bed.



Figure 2: Worker assists the patient to lower their legs off the bed and to push through their arms into sitting.



Figure 3: Patient grasps the mattress to maintain their balance in sitting.



Figure 4: Worker's hand supports the patient's shoulder blade and avoids hooking under the patient's arm.



Figure 5: Variation 1 — two-assist to move into sitting.

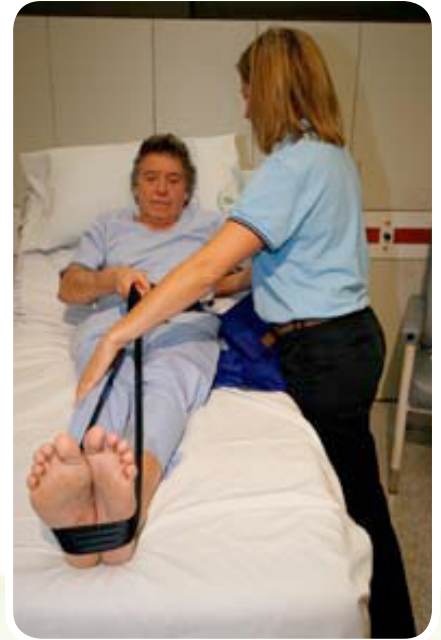


Figure 7: Variation 3 — one-assist using a leg strap (starting position).



Figure 6: Variation 2 — one-assist using a slide sheet.



Figure 8: Variation 3 — using leg strap (end position).



5c: 1A (one-assist) lying to sitting on side of bed by raising back of manual (wind-up) bed with a needs-assist patient, with or without aids/equipment

Plan:

Complete the pre-activity functional screens relevant to this transfer method. To perform this transfer method, the patient must be able to:

- ✓ comprehend and cooperate
- ✓ use their arms
- ✓ reach and roll
- ✓ bridge.

Prepare:

Environment/Equipment

1. Check the work area and ensure appropriate equipment is available.
2. Adjust the bed to an appropriate height for the worker (about knuckle height).
3. If the patient needs equipment to assist to help take their weight off the backrest and move from lying to sitting, place the equipment (e.g. monkey bar, bed stick, bed ladder) within easy reach and ensure it is secured
4. Raise the back of the bed to the required height, as determined by the patient's functional level.

Patient

Explain the transfer to the patient. Instruct or assist them to take their weight off the backrest while the backrest is raised (Figure 1). (Refer to SWP 1: Sitting up/lying down in bed.)

Workers

Adopts a safe work posture (e.g. semi-squat, half-kneel or lunge) and turn the winder to raise the backrest (Figure 1). Then, move in front of the patient on the side they are sitting up on, adopt a safe work posture (e.g. side lunge) and assist the patient into sitting (Figure 2).

Do:

Explain the procedure to the patient and instruct or assist them to:

- bridge/shuffle across closer to the edge of the bed (if required), allowing at least a handspan of space between the patient and the edge of the bed, and
- walk their legs to the edge of the bed (Figures 1 and 2).

On the agreed count, the worker:

- instructs or assists the patient to lower their legs off the bed, as they push through their arms into full sitting on the side of the bed.
- helps guide the patient's upper or lower body as they move into sitting, providing no more than a comfortable force.
- can assist the patient's upper body by supporting their shoulder or behind their shoulder blade.
- if assisting to move the patient's legs over the edge of the bed, the worker should use safe postures and movements such as a semi-squat or side lunge as the patient's legs are lowered towards the floor (Figure 3).

When the patient is sitting:

- they grasp the mattress or side of the bed to maintain their balance and
- the worker lowers the bed height so that the patient's feet are supported on the floor.

Review

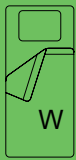
On completion of the transfer:

1. ensure that the patient is in the desired position
2. make the patient safe
3. make the area safe
4. check that the transfer went according to plan
5. report/document any problems.

Safe variations include:

- **two-assist** (Figure 3)
- **using a slide sheet** (Figure 4)
- **using a leg strap** (Figure 5).

The patient is assisted from lying to sitting on side of bed, by raising the back of a manual (wind-up) bed, using any of the above safe variations and the method described above for Safe Work Procedure 5b.



5c: 1A (one-assist) lying to sitting on side of bed by raising back of manual (wind-up) bed with a needs-assist patient, with or without aids/equipment

Example Images



Figure 1: Raising the backrest.



Figure 2: With backrest raised, one-assist to move into sitting.



Figure 3: Variation 1 — two-assist to move into sitting.



Figure 4: Variation 2 — one-assist using a slide sheet.



Figure 5: Variation 3 — one-assist using a leg strap.



5d: 1A (one-assist) lying to sitting on side of bed through side lying

Plan:

Complete the pre-activity functional screens relevant to this transfer method. To perform this transfer method, the patient must be able to:

- ✓ comprehend and cooperate
- ✓ use their arms
- ✓ reach and roll
- ✓ bridge.

Prepare:

Environment/ Equipment

1. Check the work area and ensure appropriate equipment is available.
2. If possible, adjust the bed to an appropriate height for the worker (about knuckle height) and raise the back of the bed slightly.

Patient:

Explain the transfer to the patient and instruct or assist them to:

- bridge/shuffle across closer to the edge of the bed (if required), allowing at least a handspan of space between the patient and the edge of the bed
- roll towards the edge of the bed (Figure 1)
- bend both legs (Figures 2 and 3).

Workers:

The worker is positioned:

- in front of the patient on the side they are sitting up on
- adopts a safe work posture, e.g. semi-squat.

Do:

On the agreed count:

- The patient lowers their legs off the bed as they push through their arms into full sitting on the side of the bed (Figure 4).
- Using no more than a comfortable force, the worker assists the patient to move their legs off the edge of the bed or by facilitating the patient to push up through their arms into sitting.

When the patient is sitting:

- they grasp the mattress or side of the bed to maintain their balance (Figure 5) and
- the worker lowers the bed height so that the patient's feet are supported.

Review:

After the transfer:

1. ensure that the patient is in the desired position
2. make the patient safe
3. make the area safe
4. check that the transfer went according to plan
5. report/document any problems.

Safe variations include:

1. Two-assist lying to sitting on side of bed through side lying

Worker 1 assists to guide the patient's legs while Worker 2 assists the patient to push through their arms into sitting. Workers adopt safe postures and movements, as described in the procedure above.

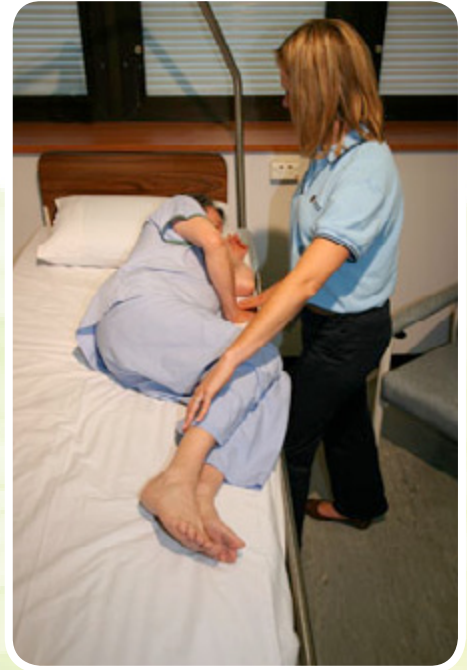


5d: 1A (one-assist) lying to sitting on side of bed through side lying

Example Images



Figure 1: Patient rolls on to side.



Figures 2: Patient moves both legs towards edge of bed.



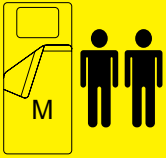
Figure 3: Worker assists patient to move their legs off the edge of the bed.



Figure 4: Patient moves into sitting on side of bed.



Figure 5: Patient seated on side of bed.



5e: Two-assist lying to sitting on side of bed, by raising the back of a manual bed (non-wind-up), for a needs-assist patient

Plan:

Complete the pre-activity functional screens relevant to this transfer method. To perform this transfer method, the patient must be able to:

- ✓ comprehend and cooperate
- ✓ use their arms
- ✓ bridge
- ✓ reach and roll.

Prepare:

Environment/ Equipment

1. Check the work area and ensure appropriate equipment is available
2. Adjust the bed to an appropriate height for the worker (about knuckle height of shorter worker).
3. If the patient needs equipment to assist to help take their weight off the backrest and move from lying to sitting, place the equipment (e.g. monkey bar, bed stick, bed ladder) within easy reach and ensure it is secured (Figures 1 and 2).

Patient:

Explain the transfer to the patient and instruct or assist the patient to:

1. take their weight off the backrest, with or without using aids/equipment (Figures 1 and 2), while the backrest is raised, and
2. bridge/shuffle across closer to the edge of the bed (if required), allowing at least a handspan of space between the patient and the edge of the bed.

Workers:

- The workers are positioned at the head of the bed on opposite sides as they raise the backrest (Figures 3 and 4). (Refer to SWP: 1f Two-assist to raise the back of a manual bed (non-wind-up) with the patient's weight on the backrest (i.e. with a dependent patient).
- When the backrest is at the correct height, both workers are positioned on the side of the bed the patient is exiting (Figure 5).

Do:

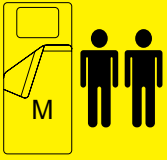
On the agreed count:

- The patient lowers their legs off the bed as they push through their arms into full sitting on the side of the bed.
- Worker 1 assists to guide the patient's upper body, as they move into sitting, by supporting their shoulder or behind their shoulder blade (Figure 5).
- Worker 2 lowers the patient's legs over the side of the bed (if required) (Figure 5).
- Both workers provide no more than a comfortable force and use safe postures and movements, such as a semi-squat or side lunge, as the patient's legs are lowered towards the floor.

Review:

After the transfer:

1. ensure that the patient is in the desired position
2. make the patient safe
3. make the area safe
4. check that the transfer went according to plan
5. report/document any problems.



5e: Two-assist lying to sitting on side of bed, by raising the back of a manual bed (non-wind-up), for a needs-assist patient

Example Images

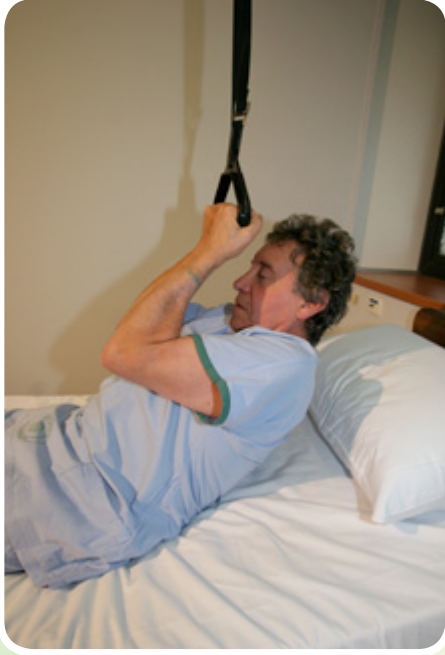


Figure 1: Patient using equipment (monkey bar) to move from lying to sitting to take weight off the backrest.



Figure 2: Patient using equipment (e.g. leg strap) to move from lying to sitting to take weight off the backrest.

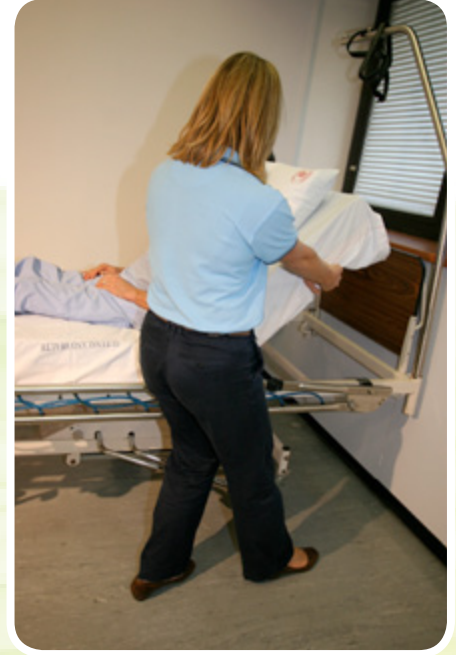


Figure 3: Raising the backrest.



Figure 4: Securing the backrest.



Figure 5: Patient assisted to move into sitting on the side of the bed.