

Assisting from Bed to Chair with a Gait Belt or Transfer Belt

Female: Good morning, Mr. Smith. How are you this morning?

Male: Okay, thank you.

F: My name's Kim, I'm your nurse today. I'm going to help you get up into your chair and I'm going to use the transfer belt or this Gait belt to help you stand up and get into your chair, okay? So first we'll get your shoes on for you. And I'm just going to sit you up. Okay, I'm going to lower the bed. You're pretty tall, so that's probably good. Okay, I'll help you swing your legs over to the side of the bed. And we'll just let you sit there for a minute. Do you feel dizzy?

M: [shakes head]

F: No? Okay. I'm going to lift the bed up a little more 'cause you've got long legs. Then you don't have so far to stand, okay. All right, we're going to put this around you. Okay, so what's going to happen is I'm going to hold onto this belt, and I'm not going to lift you. But I'm just going to help guide you to your chair, okay, so you're going to do the work. You're going to use your legs to stand. Okay, so you can put your hands on my waist and we're going to rock back and forth and on the count of three we're going to stand up. And then we're going to shuffle over to the chair and sit down, okay? All right. One, two, three. That's it, okay. So we're going to turn this way, shuffle. And can you feel the chair--

M: Yeah.

F: Okay, so we're going to get you to stick out your bottom and we're going to sit you down. Okay, how's that?

M: Good.

F: Okay.