

## Chapter 26

### TRANSFERRING CLIENTS

#### PROCEDURE FOR DEMONSTRATING A ONE PERSON PIVOT TRANSFER FROM BED TO A CHAIR OR WHEELCHAIR:

1. Gather necessary equipment.
2. Wash your hands.
3. Explain what you are going to do.
4. Provide privacy.
5. If the client uses a hospital bed, adjust the bed height to low position. Lock brakes of bed.
6. If the client uses a hospital bed, raise head of bed to bring client to sitting position.
7. Assist client to move to within five or six inches of the edge of the bed.
8. Assist in putting on socks and nonskid shoes.
9. Position chair or commode on client's strong side if indicated; if not, position the chair as desired.
10. Place side of chair parallel to the bed. Chair should be touching the bed.
11. Lock the wheels of the chair.
12. If using a wheelchair or geri chair, cover with pressure-relieving device per service plan. Raise footrests and remove if possible. If possible, remove the armrest on the side next to the bed.
13. Position your body facing foot of bed.
14. Put one forearm under client's shoulders and the other behind the knees.
15. Bend your knees, keep your back straight, and stand with feet about 18 inches apart.
16. Straighten your hips and knees while shifting weight from front foot to back foot. At the same time, lift client's head with one arm while pulling the legs over the side of bed with other arm.
17. Apply a gait belt.

18. Allow the client time for his circulation to adjust to being in a sitting position before you proceed. Assist the client in maintaining a sitting position as needed.
19. Stand directly in front of the client; grasp the back of the belt.
20. Support the client's knees and feet with your knees and feet, either knee-to-knee or your knees on the sides of the client's knees, whatever is comfortable for you and the client.
21. Have the client lean forward while sitting on the edge of the bed.
22. On the count of three, have the client push up as much as possible while you pull him up by straightening your legs and hips and holding onto the belt.
23. Pivot your entire body as well as the client's.
24. Lower the client into the chair by bending at your knees and hips as the client sits down.
25. Adjust footrest for client; cover with a lap robe.
26. Place positioning devices for proper body alignment per service plan.
27. Make client comfortable.
28. Wash your hands.