

Chapter 27

AMBULATION

PROCEDURE FOR AMBULATING A CLIENT WITH A WALKER:

1. Wash your hands.
2. Explain what you are going to do.
3. If using a hospital bed, lower the bed to lowest level.
4. Assist the client to sit on the edge of the bed.
5. Pause and allow the client to sit on the edge of the bed a few moments to regain his balance.
6. Assist the client in putting on socks and nonskid shoes.
7. Apply a gait belt.
8. Stand in a position of good body mechanics.
9. Assist the client to a standing position by straightening your legs as you lift with the gait belt and the client pushes down with his hands on the mattress.
10. Instruct the client to position his body within the frame of the walker.
11. Instruct the client to move the walker forward by lifting it up, moving it forward, and setting it down.
12. Instruct the client to take a step forward with the weak leg.
13. Instruct the client to move strong leg forward.
14. Instruct the client to take short steps and keep his head up and eyes looking forward.
15. Walk the client the distance instructed by supervisor/nurse as indicated in the service plan.
16. Return the client to bed or a chair. To ambulate backward, the client steps back with his strong foot, takes a step back with his weak foot, then walker is moved back. Have the client feel for the arm of chair or top of mattress with his hand.
17. Assist the client into the chair or bed; make sure the client is comfortable.
18. Wash your hands.
19. Record observations.