

Chapter 14: Body Mechanics

Helping the Client Sit on the Side of the Bed (Dangle the Legs)			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. a. Identify the client according to employer policy.			
b. Check the care plan for a description of the client's abilities or limitations.			
2. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Decide which side of the bed to use.			
5. Move furniture away from the work area.			
6. Provide for privacy.			
Procedure	S	U	Comments
7. Position the client in a side-lying position facing you.			
8. Make sure the bed is in its lowest position and bed wheels are locked. Follow the care plan for bed rail use.*			
9. Help the client to the sitting position. (Raise the head of the bed, or use pillows or a backrest.)			
10. Stand near the client's waist on the side of the bed on which the client will be sitting.			
11. Lower the bed rail if it is up.			
12. Turn so that you face the client. Stand with a broad base of support.			
13. Slide one arm under the client's neck and shoulders. Grasp the far shoulder. Place your other arm over the client's thighs near the knees. Grasp under the thighs (FIGURE 14.15, A).			

14. Pivot back toward the head of the bed while pulling the client's feet, and lower the client's legs over the edge of the bed. The client's upper body and legs should be moved in unison.			
15. Help the client sit upright. Do not pull the client too close to the edge of the bed. Only the client's knees should be at the edge, not the thighs or buttocks (FIGURE 14.15, B).			
16. Ask the client to hold on to the edge of the mattress. Allow the client to have the feet touch the floor.			
17. Do not leave the client alone. Remain in front of the client. Place both hands on the client's shoulders to provide support if necessary.			
18. Check the client's condition:			
a. Ask how the client feels. Also, ask if the client feels dizzy or light-headed.			
b. Check pulse and respirations.			
c. Check for difficulty breathing, pale skin, or <i>cyanosis</i> (greyish or bluish skin colour).			
d. Ensure the client is well enough to sit unassisted before you leave the client's side.			
19. If the client feels dizzy or weak, help the client lie back down.			
20. Reverse the procedure to return the client to bed.			
Post-Procedure	S	U	Comments
21. Provide for safety and comfort. Help the client move to the centre of the bed. Position the client in good body alignment, according to the care plan.			
22. Place the call bell within reach.*			
23. Follow the care plan for bed rail use.*			
24. Return furniture to its proper location.			

25. Remove privacy measures.			
26. Perform hand hygiene.			
Report and Record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			