

Chapter 14: Body Mechanics

Transferring the Client From a Wheelchair to a Shower, Commode, or Bath Chair			
		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. Collect the necessary equipment, such as:			
<input type="checkbox"/> Shower, commode, or bath chair			
<input type="checkbox"/> Sheet			
<input type="checkbox"/> Towel			
<input type="checkbox"/> Transfer belt, if used			
4. Perform hand hygiene.			
5. Provide for privacy.			
6. Check that the shower chair is securely positioned and locked in place. Do not transfer the client if the shower chair is not secure.			
7. Check the grab bars near the shower. Do not transfer the client if the grab bars are not secure. Report loose grab bars to your supervisor.			
Procedure	S	U	Comments
8. Position the wheelchair at a 90-degree angle to the shower chair. The client's unaffected side should be near the shower chair.			
9. Lock the wheelchair wheels.			
10. Raise the footrests. Remove them or swing them out of the way.			
11. Prepare the water. Test it to confirm it is the correct temperature.			
12. Apply the transfer belt, if used.			

13. Help the client stand and turn to the shower chair (see the procedure <i>Transferring the Client to a Chair or Wheelchair</i> , steps 16 and 17 on p. 245). The client uses the grab bars or shower chair arm rests for support.			
14. Provide support, as necessary, while the client undresses. Hold the transfer belt, or keep your hands around the client's shoulder blades. Continue to block the client's feet and knees with your feet and knees. Instruct the client to hold on to the grab bars or armrests for support.			
15. Lower the client onto the shower chair.			
16. Remove the transfer belt if it was used.			
Post-Procedure	S	U	Comments
17. Help the client dry off after the shower. Cover the client with a sheet.			
18. Reverse the procedure to transfer the client from the shower chair to the wheelchair.			
19. Help the client put on clean clothing while maintaining warmth and privacy for the client.			
20. Perform hand hygiene.			
Report and Record your actions and observations, according to employer policy.			