

Chapter 15: Exercise and Activity

Helping the Client to Walk			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Ensure that your own muscles are warmed up by performing ROM exercises on your own joints daily and before beginning this procedure. Practise good posture and body mechanics throughout this skill.			
2. Identify the client, according to employer policy.			
3. Explain the procedure to the client.			
4. Perform hand hygiene.			
5. Collect the following supplies:			
<input type="checkbox"/> Robe and nonskid shoes			
<input type="checkbox"/> Paper or sheet to protect bottom linens			
<input type="checkbox"/> Gait (transfer) belt if used in your agency			
6. Provide for privacy.			
Procedure	S	U	Comments
7. Lower the bed to its lowest position. Lock the bed wheels. Lower the bed rail, if used.*			
8. Fan-fold top linens to the foot of the bed.			
9. a. Place paper or sheet on the bed.			
b. Put the shoes on the client. It may be easier to put on shoes when your client is sitting on the side of the bed.			
10. Help the client to dangle the legs (see <i>Helping the Client Sit on the Side of the Bed [Dangle the Legs]</i> on page 228 in Chapter 14).			

11. Help the client put on a robe if the client is not dressed.			
12. Depending on your employer's policy, apply the gait belt (see the procedure <i>Applying a Transfer Belt</i> on page 242 in Chapter 14).			
13. Help the client stand up (see the procedure <i>Transferring the Client to a Chair or Wheelchair</i> on page 241 in Chapter 14). If the client is wearing a gait belt, grasp it on each side. Alternatively, place your arms under the client's arms around to the shoulder blades. If the client is too weak to stand, safely seat the client back on the bed.			
14. Stand at the client's side while the client gains balance. Hold the belt at the side and back, or have one arm around the back for support.			
15. Encourage the client to stand erect with the head up and back straight.			
16. Help the client walk. Walk to the side and slightly behind the client. Provide support with the gait belt (Figure 15.22), or have one arm around the back to support the client.			
17. Encourage the client to walk normally. The heel should strike the floor first. Discourage shuffling, sliding, or walking on tiptoes.			
18. Walk the required distance if the client can tolerate the activity. Do not rush the client. As a support worker, you want to encourage any effort your clients make.			
19. Help the client return to bed:			
a. Have the client stand at the side of the bed.			
b. Pivot the client a quarter turn. The backs of the knees should touch the bed. It is important to know that if the client has a one-sided weakness (perhaps from a stroke); the client			

should always lead or pivot from the unaffected side.			
c. Grasp the sides of the gait belt.			
d. Lower the client onto the bed as you bend your knees. Remove gait belt and robe.			
e. Help the client lie down (see the procedure <i>Helping the Client Sit on the Side of the Bed [Dangle the Legs]</i> on page 228 in Chapter 14).			
20. Help the client to the centre of the bed.			
21. Remove shoes if it was not done when the client is sitting on the side of the bed. Remove the paper from the bottom sheet if used.			
Post-Procedure	S	U	Comments
22. Provide for safety and comfort.			
23. Place the call bell within reach.*			
24. Follow the care plan for bed rail use.*			
25. Remove privacy measures.			
26. Return the robe and shoes to their proper place.			
27. 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>			