Mobility 2.3: Sit to Stand - Patient Moving & Handling

When I go to practice getting someone from the sitting position to the standing position, we’re going to apply the eight principles.

So again, I’m starting with my risk assessment. I’ve done that I know he would have been in assistance for one care. He will be able to stand up, he just needs a bit of assistance.

Nurse: (speaking to patient) Move forward in the seat, first of all, move forward. Sit forward for me, bring your feet back and have a broad base.

I will then take a broad base here, I’ll be able to bend my knees, and put my hand on the small of his back and offer him this hand. If he grabs your thumb, unhook the thumb, and keep your elbows in. The command will be ready, steady, stand. When you hear the word stand, push down, and stand yourself up.

Feet apart, knees bent, look out straight ahead, ready, steady, stand.

Once you get him up, position here is side arm, your arm is here on the side, and you need to make contact with him.

Nurse: Are you feeling okay? Are you alright?