Mobility 4.5: How to Transfer a Patient from a Bed to a Wheelchair

Hi, I'm Alice Holland, and I'm here to present how to transfer a patient from the bed to a wheelchair.

Transferring a patient from the bed to the wheelchair is a very tricky thing to do, without proper setup and foresight you might end up hurting the patient or worse yourself.

Transferring a patient from the bed to the wheelchair is a very complex maneuver. First of all, you would want to make sure that there's a sheet underneath the patient so you can move them and shift them over very easily.

Second of all, you need to also set up your environment correctly. Take away all distractions and all obstacles. You want to break the wheelchair and you also want to have the wheelchair at a level where the patient would not block or hit the wheelchair. First of all, you bend the patient's knees grab on to the sheet and shift them over closer to the bed; the closer the patient is towards you the less you will have to work and the less back injury you will incur on yourself, turn them over onto their side, cue them to make sure that they use their hand to lift themselves up, then tell them when you drop your knees your body will come up all at the same time; this will make things a lot easier for you and you will work a lot less hard in maneuvering the patient.

Place the gait belt around the patient's waist. It is important to use a gait belt because then that way you won't have to drag on their shorts, pants, or shirt. Bend your knees keep your core nice and tight and use momentum to lift them up. Tell them that you will dance in small steps toward the wheelchair. Cue them to use their hands and their arms so that they can brace themselves in case will fall. The best surfaces for their hands to land on are the arms of the wheelchair. Slowly lower them down you don't want them to rock backwards or else the wheelchair will tip backwards. Make sure you always place your knees against their knees so that if their knees do buckle you can brace them very quickly.