



SITTING UP

PURPOSE: To sit the client up on the side of the bed from a lying position

Preparatory repositioning transfer: Side-to-side; Turning Client to Side

Number of caregivers: One

Weight considerations: Weight ratio (upper torso)

Level of difficulty: Transitional



NECESSARY PROCEDURES TO ENSURE SAFE CLIENT

BEFORE BEGINNING A LIFT OR TRANSFER

1. Check the pictogram.
2. Assess and prepare the client and the environment:
 - Has their status changed
 - Do they need preparatory help, such as clearing a pathway, placing equipment (canes, walkers, etc.) within reach, or ensuring personal articles are in place.
 - Does the client with emotional needs or cognitive or visual deficits (confusion, blindness, mental instability, aggression, etc.) need spoken instructions?
3. Assess your physical limitations (How are you feeling? Do you need a second person? Do you need to use a mechanical lift?)
4. Request assistance, if required.
5. Explain the procedure to the client and show them how to help, if possible, keeping instructions short and simple.
6. Follow the essential tips for safe and efficient body mechanics in the Employee Training Booklet.
7. After completing the technique, assess the client's comfort.



POSITIONING AND MOVEMENT

REPOSITIONING TRANSFER: SITTING UP TRANSITIONAL

CONSIDER

Direction of Movement

Front-to-back, back-to-front, side-to-side, side-to-side (on the diagonal), or side-to-side (with pivot) = 90°, upright and forward to down and back, down and back to upright and forward.

CLIENT

Side-to-side

CAREGIVER

Side-to-side (1)


*Point of reference for client on bed – Bed has four sides, no front or back.

CONSIDER

Line of Movement

As close to the horizontal as possible.

CLIENT

Electric beds: bring head of bed to raised position 

CAREGIVER

Horizontal  (3, 5)

CONSIDER

Range of Movement

The span of movement that covers the distance between the start and end of the move. Distance of caregiver's move equals client's span of move.

CLIENT

The distance from the head to the hips.

CAREGIVER

Start foot faces the load, end foot faces direction of move; place end foot first (at hips) to cover span and ensure movement will be completed within your base of support (3, 5).

CONSIDER

Point of Force Application

The point where the force is applied to the client's body.

CLIENT

Scapula

CAREGIVER

Roll client close to you (3). Slide hand behind thighs and bring legs close to your body by flexing client's knees and hips. Then, reposition hand on calves and push client's lower legs over the side of the bed (1). Slide arm under shoulder and across scapula with open hand grasp. Finally, place fist on bed at hip level (2).

CONSIDER

Command and Count

Verbal command given by caregiver.

CLIENT

CAREGIVER

CHEST UP, BACK STRAIGHT, ARMS BRACED... 1, 2, LOAD, PUSH (3, 4, 5)

CONSIDER

Force Production

The force needed to effect movement, which is relayed from your feet, knees and/or hands through the braced body and arms to the point of force application. For example, friction and weight will dictate the amount of force required.

CLIENT

Reduce friction and weight by:

- Raising the head of the bed.
- Using free arm (fist on bed) to apply force.
- Packaging client by using normal body movements (slide hand behind thighs and bring legs close to your body by flexing knees and hips). Load in toward client and brace elbow to body.

CAREGIVER

Initiate a **LOAD** by **PUSHING** from the end foot to the start foot (**3**). To decrease the horizontal distance between you and the client, ensure you **LOAD** toward the client (**3**). As you move closer to the client, brace elbow tight to your body to package the client (**3**). Now **PUSH** through your start foot and shift your body weight as a unit from side-to-side to the end foot (**4, 5**). At the same time, **PUSH** through your fist on the bed. The force of the **PUSH** through your foot on the floor and fist on the bed is relayed through your braced body and arms to the client's upper body.

CONSIDER

Tips

CLIENT

- Bed brakes must lock.

CAREGIVER

- Do not shift in an upward direction.
- Shift across a horizontal line of move.
- At end of move, do not move past the client as this will cause you to torso tip and move outside your base of support.

CONSIDER

Contraindications

CLIENT

- Any pathology of lower trunk and legs that may require special consideration.
- Recognized pain factor.
- Client should not be left sitting up unattended with the bed in a raised position.

CAREGIVER

- Bed must be at working level, cannot be in a low position.

