Patient Specific (Inpatient) Moving and Handling Intervention Plan

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| **Patient’s name:** |  | | | | **Named Nurse:** | | | **This is an exemplar only and should be referred to as such when writing up intervention plans** | | | Risk Level: | |
| Very High |  |
| High |  |
| Medium |  |
| Low |  |
| BODY BUILD | | | | | | | | Problems with comprehension, behaviour, co-operation (specify): | | | | |
| Weight | |  | | Height |  | | |
| Handling constraints, e.g. disability, weakness, pain, skin lesions, infusions (specify): | | | | |
| RISK OF FALLS | | | | | | | |
| High | | |  | Low | | |  |
| **Systems of Care to be Implemented**  This should include all activities likely to be undertaken with the client requiring assistance of staff including, personal hygiene, toileting, eating, and dressing | | | | | | | | | | | | |
| **Equipment**  Presently nursed in a Baros (bariatric) bed with Comfort Turn air flow mattress.  On hire: - Baros bed with Comfort Turn mattress, riser / recliner chair, bariatric shower / commode chair - from 1st Call Mobility……………………  - Ultra twin gantry with twist (3m) installed - From Hill-rom ……………………  Flat sheets and bariatric gowns required on special request from Hillington Laundry contact no …….. XXL patient specific sling and Bariatric Tall walking frame supplied to ward.  **Preparation of the bed**  2 Flat sheets, 1 placed length-wise and other width-wise across the bed (positioned shoulder to mid thigh) to aid with turning and rolling.  **Turning and Rolling, 6 members of staff, 4 at side patient is rolling to**  Prepare bed as above. Staff to utilise the flat sheet width-wise on the bed to aid with turning and rolling. Staff should take indirect hold of sheet (palms up) and gather sheet in towards them to facilitate patient rolling onto side.  Encourage patient to turn his head to the right, left arm up and across his chest, bend left knee and turn his knee inwards, to help with the roll prior to rolling onto his right side, as he can roll better to this side. His right knee is more painful then left knee however he can assist with instructions to roll onto his left side.  **Repositioning in Bed, 6 members of staff, 3 at each side**  Utilise bariatric sliding sheets with 6 members of staff. Turn and roll patient as above to insert sliding sheets or alternatively insert them head to toe. The staff will take a hold of the top sliding sheet only as this will allow slide and glide action. The patient will be moved short distances (a few centimetres at a time) and repeated until patient is in the correct position. To secure patients position firstly use knee profile to ensure no slipping down the bed, then remove sliding sheets.  **Lateral Transfer, 6 members of staff**  Utilise Hover mat and air supply in conjunction with transfer board. Turn and roll patient as above procedure. Insert Hover mat. Ensure the buckles are fastened loosely prior to inflating the hover mat. Insert transfer board to bridge both surfaces. Connect and turn on air supply and allow hover mat to inflate. Ensure bed rails are fully up prior to inflating Hover mat. Lower bed rails and in small movements transfer patient onto new surface. Start by moving the foot end first and then the head end. Once patient has started moving across, staff on side of surface patient is moving to can take hold of hover mat and continue small manoeuvres to bring patient fully across. Roll patient to remove hover mat.  **Toileting**  Urinary Catheter and pads for bowels in situ.  **Personal Hygiene, 6 members of staff**  Encourage patient to participate  Turning and rolling as above. Staff require to rotate positions when doing this task over their shift. Staff can utilise regular sliding sheets or towel to help holding up skin folds around patients apron / abdomen when washing underneath. 1 member of staff on either side using regular sliding sheets or towel move apron back should be held for maximum 20-30 seconds, whilst another member of staff wash/dry skin/apply ointments. This to be repeated as necessary.  **Preparation of environment, before transferring from Baros bed to riser/ recliner chair**  Preparation of environmentis required before performing this task remove locker clear a space between bed and riser recliner chair, reposition riser recliner chair back towards wall, leaving staff enough room to work around the chair, align gantry over bed and riser/ recliner chair. Ensure flat sheet is fully opened on riser recliner chair  **Transfer from Baros bed to riser / recliner chair, 6 nurses required**  Encourage Patient to assist through supporting his own weight by keeping up his lower limbs as able.  Use Hired Liko Ultra twin gantry system with Lisclare XXL disposable sling.  To fit sling – turn and roll as above, 3 staff on side patient rolling to with 2 staff fitting sling. 1 person preparing environment as above.  Ensure that sling is equal on both sides before attaching onto gantry. Adjust gantry position spreader bars should be approx across chest. Place pillow slip between apron and thigh. Legs straps should be looped through crossed over and attached onto yellow loop and then raise head of bed to assist attaching shoulder straps, yellow loop for shoulders. Folded sliding sheets placed under each lower limb to prevent shearing and friction.  1 person is controlling the gantry handset another adjusting the bed. Lower bed to lowest level and raise patient up slightly using 2 arrows up button, then adjust shoulder position, using 1 arrow down button on handset, to ensure patient is in a better sitting position. Once patient’s body has cleared the bed 4 staff will move patient of which 2 staff would assist at patient lower limbs over to the riser / recliner. Staff encouraging patient to support his own weight by keep up his lower limbs as able.  Once over the chair lower patient down using 2 arrows down button, if required patient’s position can be adjusted using 1 arrow up button. Once patient is in the riser/recliner chair adjust position as comfortable.  **Transfer from riser/ recliner chair to Baros bed, 6 nurses required**  Encourage Patient to assist through supporting his own weight by keeping up his lower limbs as able.  Preparation of environment and bed as above. Lower bed to lowest level and folded sliding sheets placed on lower section of bed to prevent shearing and friction of lower limbs.  To obtain a weight of patient, zero bed as per scale instructions which have been left in ward for all staff to read.  Use Hired Liko Ultra twin gantry system with Lisclare XXL disposable sling.  Adjust gantry position spreader bars approx across chest, and attach sling as above. Attach legs straps first onto yellow loop and then raise riser recliner chair to assist attaching shoulder straps, yellow loop for shoulders.  1 person is controlling the gantry handset, 1 person adjust riser/ recliner chair. Raise patient up from riser recliner chair by slightly using 2 arrows up button, and then adjust shoulder position, using 1 arrow down button on handset, to ensure patient is in a better position. Once patient’s body has cleared the riser recliner chair 4 staff will move patient of which 2 staff would assist at patient lower limbs over onto bed. Staff encouraging patient to support his own weight by keeping up his lower limbs as able.  Once over the bed lower patient down using 2 arrows down button, once patient is in bed adjust knee profiling of bed to prevent slipping down the bed. Encourage patient to use handset and change his own position. Raise gantry up to pod and insert handset for charging.  **Rehabilitation, transfers from bed to chair to shower commode**  Following rehabilitation, patientcan, with assistance of 4 members of staff, transfer from bed to shower commode. 2 members of staff pushing shower commode from bedside to wet room another member of staff opening doors. **If Patient condition deteriorates revert back to using sling and gantry system as above**.  **Event of a fall on floor**  Use Falls lift transfer kit (FLKT) which can be located in M&H store in basement of old build, access from security in centre block. | | | | | | | | | | | | |
| **Remaining Control Measures Required**  This may include the requirement to hire in equipment | | | | | | | | | | | | |
| * If any change occurs with patient, this risk assessment requires to be reviewed. * All staff need to be aware of their own capabilities, avoid top heavy twisted postures and apply efficient movement to the best of their ability. Contact details for Moving and Handling on………: * Ward Manager and Night Co-ordinator to be aware of the numbers of staff required to carry out activities. M&H Team spoken with Lead Nurse regarding staffing levels who will make arrangements for extra staff to be made available when patient care is to be carried out. * Flat sheets and bariatric gowns required, special request from Hillington Laundry contact no …….. * Moving and Handling Practitioners will review on ………………. * Ward Manager to monitor stock level and if required order XXL Lisclare slings (looped). Order number: …….. * Ensure patient relatives are informed to bring to ward patient’s socks, under garments / jogging pants/ PJ trousers for preparation of patient with use of lifting pants and rehabilitation. | | | | | | | | | | | | |
| **Date Assessed:** | | | |  | |  | | |  |  | | |
| **Assessor’s signature:** | | | |  | |  | | |  |  | | |
| **Proposed Review date:** | | | |  | |  | | |  |  | | |