

C3L16 - Ashley Hay

(0:05 - 3:48)

Hello, Ashley Hay again with HTA. You are moving along great in this course. You're almost halfway done, so kudos.

And so the module that was just covered, moving, handling, and positioning the surgical patient, I did just want to go over a few movements possible, you know, a few types of pivots and transfers and things like that. I know that we covered it in the module, but I thought we could dig a little bit deeper into some of them. So while it's incredibly important for you to be very well versed as a surgical tech in the surgical positions of patients, I also think it's incredibly important for any healthcare provider to be well versed in the safety of transferring patients.

And that may be in a number of different scenarios. Just because, you know, you're primarily working in the OR doesn't mean that maybe on your way in or out of a shift, you're not going to need to help a patient perhaps in and out of their car if they're being discharged or brought in. It doesn't mean that you won't have to know how to properly do a pivot transfer to a wheelchair.

So I think things like that are really just critical for everyone. So we're going to go over a little bit of those. So one, I wanted to just start with a transfer or a gait belt typically, you know, put on at the waist.

Some of them have handles, some of them do not. Either way, it can just be helpful to get a little bit of kind of extra support for your patient. And also for you, let's not forget, you know, it's important to watch your body mechanics.

You certainly do not want any kind of back or shoulder injury, which is quite common among healthcare providers, unfortunately, if not using proper body mechanics. So just knowing how to use your own weight and assist patients properly so that way you're not hurting yourself is really key. Okay, so in this photo here, we'll see this is assisting the patient, you know, who is sitting in the bed to a standing position using the transfer belt here.

You can decide to use a transfer belt or not, it really depends on your comfort level and a number of factors for the patient as well, you know, their mobility status and such. But what I do want to point out here is whether this patient was in a wheelchair or a regular chair or the bed, if you're assisting to a standing position, or if you're about to prepare for a stand and pivot, it is really important that your shoe and their shoe are touching. And the reason for that is it prevents them from sliding out, which does happen, trust me, I've seen it.

So you want to, that is, you know, kind of their stopping point. So make sure that you're aligning your feet with their feet, if their feet are on the floor. And then, of course, you know, you see here, her knees are still a bit bent, you certainly don't want to bend at the waist and try

and hoist up a patient, that's how you will hurt yourself.

(3:51 - 4:31)

Absolutely. Another good example of this, I think, just kind of noting where the hand placement is, is if you were helping a patient out of a wheelchair, clearly, you know, you wouldn't be kind of hugging them around the back and helping them lift up. But instead, you would be either holding on to the transfer belts, and see how the patient here is using the arm support, but their shoes are still being used to kind of stop each other from sliding out.

(4:32 - 5:59)

So hopefully, that helps a little bit. And also, definitely note the fact that this portion of the wheelchair, the footrest kicks out of the way. And that's for a good reason.

It's so that way, you have enough room to do these stand in pivots. I see many healthcare providers who are just kind of lifting up the flaps and then working around them. That's how you or the patient are going to kind of bang your ankles against those metal plates.

So just get them out of the way so everybody has enough room. And absolutely critical that the wheelchair is locked prior to doing anything with the patient. Again, you know, safety first is really paramount to prevent any sort of injury for you or them.

I know there were a number of slides as well in the module that showed just transferring the person to a stretcher or a bed to stretcher. But I do think, you know, that can honestly never be covered too often, because you will be doing it many times, whether it's bedside, OR, what have you. Everyone needs to know how to do this and properly so that we were not shearing the patient's skin where it's kind of getting stuck and then causing tears.

(6:00 - 6:34)

You certainly don't want to cause any kind of rubbing or burns to their skin from, you know, moving improperly. So here we'll see there are two healthcare professionals waiting on this side for the patient. Everything should absolutely be double-checked that it is locked.

It should be as close to each other as possible, minimising this gap here. You'll see the patient is kind of being wrapped right now. And that's, again, to prevent any of that kind of shearing or injury.

(6:35 - 7:16)

And it just kind of helps move them in one piece and one unit. So their legs are kind of forced together. Their arms are like this.

So that way they are just one long unit instead of kind of flailing outward and then getting stuck somewhere. So then once they are wrapped like that, you will see here that you are definitely

reaching to grab this patient. However, it's important that, you know, you're trying the best that you can to support yourself by giving a little bit of bend in your knees.

(7:16 - 10:56)

If you have your knees locked and you're just bending at the waist, trying to reach over to pull and grab this patient. Again, that is exactly how, you know, providers can get hurt and cause back injuries. So proper body mechanics for sure.

And then just being really verbal with your team. So making sure that everybody's counting and only pulling, you know, at the same time. Because that will really minimise your efforts.

And you'll see here this health care provider has actually gotten up to assist with the movement a little bit more. That may or may not be necessary depending, again, on a number of factors. So how heavy and large the patient is in terms of height and weight, your height as well.

You know, if you're kind of a shorter person, this position may be a little bit more helpful for you. And then also, like I mentioned, you know, you may think, oh, it's not usually my job to get a patient in and out of the car. But I will tell you, it happens more often than any of us would like to admit.

And truly, like, you may even be out in public and need to kind of help occasionally with stuff like this. So just, you know, stand and pivot like we talked about. This is showing the use of a transfer belt, which, again, is great if you have access to it.

Sometimes it is just not there, but the patient needs assistance. So again, making sure, you know, that your feet are kind of preventing the patient from sliding out. And then you're kind of doing this dance and moving together, making sure to bend your knees so you're not hurting your back.

And, you know, just having the patient use what's around to kind of grab and support themselves. So you'll see here again, you know, they're using this portion of the wheelchair, which is locked, right? And then also here, you know, the window's down and they're kind of using that portion of the car window there to help themselves. Then when they're sitting and facing you, then they can be moved, you know, with their feet assisted into the car.

Often they want to kind of do it in one fluid motion from here, and that's how you or the patient, again, can get hurt. And then I guess the last thing that I would want to mention also is whenever you're kind of transferring a patient, you know, especially onto surgical tables or off even, and kind of transferring them elsewhere, you know, those ID bands are critical, making sure that we are moving the right patient to the right place. So be sure, you know, there's never too many times to check that.

And yeah, like I mentioned, you know, make sure that you're really going through and studying your surgical positions, because there are, as you probably saw in the video, quite a few, and

they are just really important to know kind of off the top of your head. So even creating some note cards with printouts of kind of the position and then on the back side kind of what it is will be helpful for your memory, because often these things are, you know, shouted out or just written down for you and documented, and it's up to you to know what that looks like. So I hope this was helpful, and keep going in your module.