

Mobility Screening & Safe Patient Handling

Mobility Assessment:

- Assessing your patient's mobility **prior** to transferring them to a chair or taking them for a walk
 - Prevents patient falls
 - Prevents injury to caregivers
- **Best practice:** All caregivers to assess mobility **before** attempting to transfer the patient
- **Document** and **communicate** the mobility plan and your assessment findings with colleagues, the patient and their family.

Is the Patient Ready for the Transfer?

- The ability of your patient to participate may vary from session to session
- Assess your patient's physical ability to move using the Quick Mobility Screen or the screening tool used at your facility to give you the most current information.
- Know the care-plan and activity orders

Quick Mobility Screen

- The Quick Mobility Screen is an evidence-based tool to help determine a patient's level of mobility
- It consists of 4 x 10 second tests:
 - 1) Bed mobility
 - 2) Safe sitting ability
 - 3) Safe Standing ability
 - 4) Safe dynamic balance











Quick Mobility Screen: PHS Alaska

Date: _____

Shift: AM / PM

Patient's preferred name: _____

Caregiver name: _____

Patient Action	Patient Instruction	Mobility Classification	Equipment	Check Box	
Bed Mobility  Scoot  Roll	Can you move yourself up / scoot sideways or roll over to the side?	— No → Needs Assistance with Bed Mobility Continue to seated balance with either yes or no answer.	Ceiling Lift with Repositioning Sling Slide tube or sheets < 250 lbs. Air Assisted Transfer Device HoverMatt >250lbs.		
Seated Balance:  Good Balance  Failed Balance	Can you sit on the edge of the bed by yourself, hands in lap - Hold for 10 seconds.	No → Max Assistance / Dependant Yes	Ceiling Lift / Seated Sling Floor Lift / Seated Sling		
Must have gait belt on.	Sit to Stand:  Bears weight	Gait belt on; stand to side of patient. Can you stand up? Nose over toes. Caregiver uses less than 35 lbs. of force to assist. May use assistive device: Walker Cane other	Can weight bear on at least one leg and can use arms. No → Moderate Assistance Yes	 Sit to Stand Device (Sara Plus)	
	Standing Balance: 	Gait belt on; stand to side of patient. Can you stand and balance? 10 seconds Caregiver uses less than 35 lbs. of force to assist. May use assistive device: Walker Cane other	No → Minimum Assistance Yes	 Stand and Raise Aids (Stedy)	
	March in Place: 	Gait belt on; stand to side of patient. Can you march in place? 10 steps May use assistive device. Caregiver assistance required Caregiver assistance NOT required	Supervision / Independent	 Consider Gait Belt	

Quick Mobility Screen: Bed Mobility

Needs assistance vs. Independent Bed Mobility

- **Step 1: Bed Mobility:**
- Can the patient roll side to side, scoot sideways & scoot up in bed?
- **NO = Needs assistance**
- Use ceiling lift with repositioning sling, slide tube, or HoverMatt for repositioning and lateral transfers.
- **YES = Continue to sitting ability test**



Quick Mobility Screen: Seated Balance

Safe sitting ability

- **Step 2 : Seated Balance**
- Can the patient sit on the edge on the bed & maintain good balance with hands in lap x 10 seconds?
- **NO = Max Assist**
- Use a lift with seated or repositioning sling to transfer to their chair, commode, or wheelchair
- **YES = Continue to standing ability test**



Quick Mobility Screen: Sit to Stand

Safe standing ability

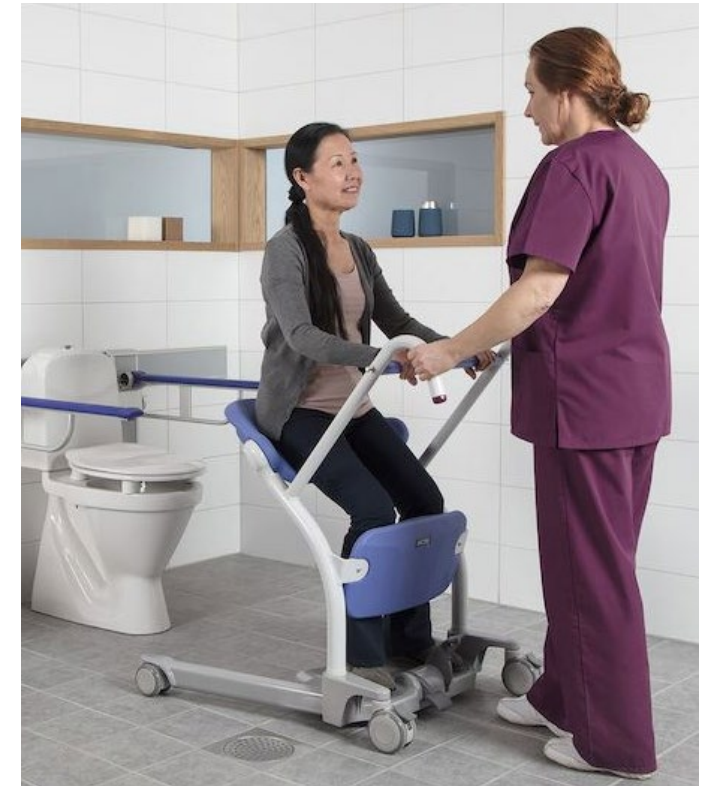
- **Step 3 : Sit to Stand**
- Can the patient stand up with little or no assistance from one caregiver?
- Use a gait belt for this test
- **NO = Moderate Assist**
- Use a powered sit to stand device, if patient can weight bear on at least one leg and use arms (if not, Max Assist)
- **YES = continue to standing balance test**



Quick Mobility Screen: March in Place

Safe dynamic balance ability

- **Step 4 : Safe dynamic balance**
- Can the patient march 10 steps in place with little or no assistance?
- **NO = Minimum Assist**
- Use a non-powered stand and raise aid
- **YES = Supervised/Independent**
- Use a gait belt unless the patient is independent



Quick Mobility Screen Video

- [QMS link](#)
- Your patient is able to sit at the edge of the bed with their hands in their lap for 10 seconds but is not able to stand without their knees buckling. They ask to walk to the bathroom. What should you do?
 - a) Get 3 people & a gait belt to help them walk to the bathroom
 - b) Get the Sara Plus & help them stand with the Sara Plus
 - c) Use a lift, lift your patient to commode with seated sling. Ask for a Physical Therapy consult
 - d) Either B or C would be appropriate

Quick Mobility Screen Video Answer

- Correct answer: d)
- Rationale: If your patient does not have adequate leg strength or safe standing ability, they are at high risk to fall or twist their ankles if several people try to help them walk to the bathroom. If the patient is not able to assist much with standing, the caregivers may try to physically lift the patient to bring them to the bathroom which puts them at a high risk for injury.
- The Sara Plus provides moderate assistance to patients who do not have safe standing ability. If a Sara Plus is not available, using a lift and a sling to bring a patient to a commode would also be safer for the caregivers and the patient than trying to help them to the bathroom with a gait belt and several people.

SPHM Tools: Slide tubes

- Best for patients who weigh <250 pounds.
- Very useful for transfer from stretchers as well as repositioning, lateral transfers and turning.
- Boost by tucking slide tube under drawsheet and sliding the drawsheet over the slide tube.
- Always remove slide tube after you are finished repositioning your patient.
- [Slide tube link](#)



Slide Tube Quiz Question

- How can Andrew & Bill assist their patient with a boost?
 - a) Tuck slide tube under patient. Grab edges of slide tube to boost patient
 - b) Tuck slide tube under draw-sheet. Both Andrew & Bill grab the draw sheet & slide the patient up in bed, maintaining good body mechanics



Slide Tube Quiz Question Answer



- Answer: b)
- Rationale: The slide tube needs to be placed underneath a chux or drawsheet. It works best when you use the drawsheet/chux to boost and the slide tube fabric surfaces slide underneath. It's also easier to remove when you place it under the drawsheet rather than placing it directly under the patient (especially if your patient is diaphoretic).

SPHM Tools: HoverMat

- Excellent for repositioning, laterally transferring and turning patients >250 pounds.
- Minimum of two people to transfer. Do not leave patient unattended when HoverMat is inflated.
- Make sure to center your patient on the bed or procedure table prior to deflating HoverMat.
- Breathable and may be left under patient.
- Video [link](#)



HoverMatt Quiz Question:

- You've just transferred a patient from stretcher to bed using a HoverMatt. Can you leave the HoverMatt underneath your patient?
 - a) Yes, as long as it is not soiled, it can be left underneath the patient
 - b) No

HoverMatt Quiz Question Answer

- Answer: a)
- Rationale: The HoverMatt is breathable and may be left underneath your patient until it becomes soiled.

SPHM Tools: Repositioning Slings

- Use with a ceiling or mobile floor lift
- May be used for repositioning patients (Q2 hour turns and linen changes) or transferring them to a chair or stretcher.
- Ceiling lift video [link](#)
- Floor lift video [link](#)



Moderate Assistance: Sara Plus, Encore or Sara 3000

- Patient must have some upper body strength but doesn't need to be able to stand up
- Patient must be able to weight bear on at least one foot
- Sara Plus Video [Link](#)



Minimum Assistance: Sara Stedy

- Patient can stand with less than 35 pounds of assistance but is unsteady when marching in place.
- Sara Stedy Video [Link](#)



Gait Belt Use

- Use gait belt for transfers and ambulation for patients who need *minimal* assistance (less than 35 lbs of force to assist to stand).
- Gait belts reduce the risk of injury for both you and your patient.
- Gait belt video [link](#)



Gait Belt Video Question

- How much force should be used to assist a bariatric patient with a gait belt?
 - a) 35 pounds
 - b) 75 pounds
 - c) Depends on the patient's weight

Gait Belt Video Question Answer

- Answer: a)
- OSHA recommends a 35 pound safe lifting limit for bedside caregivers. If the patient needs more assistance, safe patient handling equipment should be used.

Safe Patient Handling

Safer for both caregivers and patients

- Decreased risk of skin tears and increased comfort when you use slide tubes, HoverMatts or lifts to reposition and transfer your patient.
- Potential for decreased fall risk for your patient when you assess your patient's mobility and use the correct SPHM equipment.

