MRAD 223 - Patient Care Lab Manual

LAB #1-W/C, stretchers and bridge transfer

Lab Conduct and Behavior Expectations

To effectively make use of the Patient Care lab time, and for successful completion of your lab assessment, the following expectations are outlined:

- Respectful and appropriate communication among each team member is required and practiced routinely.

- Inclusion of all team members, and learning to advocate for oneself is expected.

- Self-Regulation -*How are you going to contribute to your teams' lab experience? What are you bringing to the table?*

  Examples include:
  1. Having a *positive attitude* and a *productive* work ethic
  2. Being an *active listener* and seeking clarification when needed
  3. Participating constructively with *supportive* engagement
  4. Being prepared and *staying on task*
  5. Learning to problem solve *collectively*. Equally valuing each group members *input and ideas.*

Additional Safety and Equipment Considerations for Patient Care labs

1. Any time the stretcher is stationary, the brakes MUST be applied. If using a stool, please be aware there are wheels on the stool.

2. Practice proper body mechanics using B.M concepts and principles.

3. PRIOR to making any height adjustments to EITHER the stretcher or x-ray table, there MUST be a 1 foot distance between them.

4. Prior to starting any type of transfer: the x-ray tube must be parked at the foot end of the table and raised to its maximum height.

5. The detector must be fully covered by the x-ray table prior to starting a transfer.

By reading this document, you are agreeing to abide by the rules of conduct and safety .

Lab #1 objectives includes:

1. Features and functional components of a W/C
2. Features and functional components of a Stretcher
3. "Bridge" technique transfer using slider board

Student Lab Preparation "Checklist"

Read the Lab #1 manual

- Review ppt.notes "Transfer equipment and methods"
- Watch the "Bridge technique transfer using a slider board" video

Features & Functions of a Wheelchair

Students are to demonstrate:

1. How to store wheelchair properly (fold in and out)
2. Lock and unlock the breaks
3. Remove the arm rests & put them back on properly
4. Move the leg supports (padding and foot rest only)
5. Move the whole leg rest out of the way
6. Remove the leg rest completely
7. Raise the leg rest up and down
8. Position of front wheels. The "tipping and non-tipping" position. *Ask instructor to demonstrate the difference.*
9. Repeat steps 1-7 with a patient sitting in the W/C. Think about patient instructions. Example-. *How to instruct the patient to move their legs while moving leg rests out of the way.*

Features & Functions of Stretcher

Students are to demonstrate:

1. How to raise & lower the side rails
2. How to increase and decrease the height of the stretcher. Patients MUST dismount from the sides of the stretcher only due to safety reasons.
3. How to place the stretcher into Trendelenburg, Semi-Fowlers and Fowlers position from the supine position.
4. How to lower the foot end of the stretcher only
5. How to move the steering handles found at the head end of stretcher out of the way.
6. Where the oxygen tank is located vs. to the patient's storage area.
7. How to raise and lower the attached IV pole
8. How to move and secure the stretcher using:
    - Steering position (for driving)
    - Application of the brakes
    - Neutral or "Free float" This allows horizontal movement and is used when aligning the stretcher parallel to x-ray table.

9. How to raise and lower the head end of the stretcher.

10. Identify the hydraulic features compared to the manual ones.

Perform a "Bridge Technique" using a slider board

*Note-The overhead x-ray tube **must** be located at the foot end of the table and raised as high as possible towards the ceiling. This is to ensure tech and pt. safety.*

- Students are to demonstrate how to perform a "Bridge Technique" using a slider board and the Log Roll technique.

    a. The lead tech in charge of the transfer will explain to the pt. what is going to be done. *Example- "We need to move/transfer you from your stretcher to the x-ray table using a slider board"*

    b. Clarify with the pt. what that they can assist with
    Example #1- Rolling onto their side for slider board placement. Example #2- Only when prompted; "Would you be able roll up onto your side by bending up one leg and rolling like a log?"

    c. The lead tech will provide a minimum of **2 instructions** to the other techs assisting with the transfer. *Example #1-"When the patient is rolled up, can you place the slider board partially underneath the patient, keeping the flat sheet between the patient and the slider board. Example #2-" Are you able to support the patient's shoulders and hips with the flat sheet while they roll up onto their side?"*

    d. The lead tech must also consult with the assisting techs if all safety measures have been employed.
    Example-the height of the stretcher is usually closest to the tallest tech's height. However, the lead tech makes the decision regarding what the height of the stretcher will be for the transfer.

    e. The lead tech **MUST ensure that there is at least a 1 foot gap** between the table and stretcher at ALL times when any adjustments are being made between the height of the stretcher and the x-ray table

    f. Once the appropriate height is decided by the lead tech, lower the side rail closest to the x-ray table and move the stretcher beside the x-ray table, ensuring the two are parallel.

g. Apply the stretcher **brakes**. *When the brakes are applied, it MUST be announced to the rest of the team that the brakes are on.*

h. Now that the stretcher and x-ray table are beside each other, ensure that there is only **1-2 inches** in height difference between the stretcher and table. If there is more than 2 inches, separate the stretcher and the table by 1 foot and make the height adjustment before continuing.

i. Once the height for the transfer is established, lower the other side rail and untuck the entire flat sheet. The slider board needs to be placed between the flat sheet and the mattress. *Note-The slider board should never come in direct contact with the patient's skin.*

j. The lead tech decides and communicates with the other techs, what the transfer "**word**" will be. Example- "*On the word "slide" we will move the patient across the slider board using the flat sheet. The count will be "1,2,3 SLIDE"*

k. Perform the transfer process by giving/repeating the instructions to the patient and by having the other techs execute their roles. Example- *One tech is in charge of the slider board while the other tech assists with the patient.*

l. Once the patient is safely on the table, you may need to roll the patient up again to remove the slider board completely. Have all the team members assist with this.

m. Wipe down the slider board and any other equipment where there was contact with disinfectant wipes and put away.

NOTE-For safety reasons, the patient's hands are to be kept inside the W/C and stretcher during transport at ALL times. Patients/studnets are **not to** assist in anyway.