

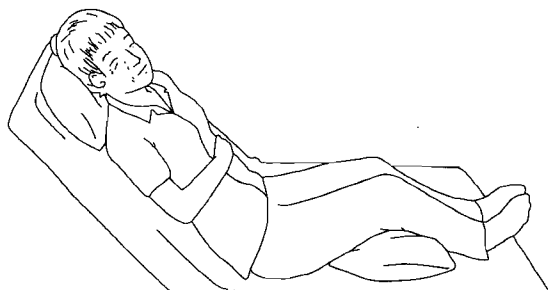
12

Positioning, Transfers, and Ambulation

1. Explain positioning and describe how to safely position clients

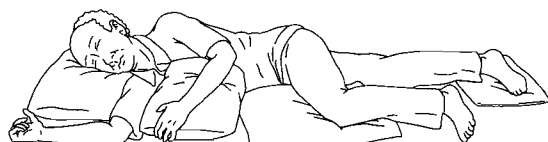
Labeling

Label each position illustrated below and describe appropriate comfort measures for each.



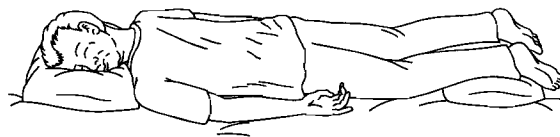
1. _____

Comfort measures: _____



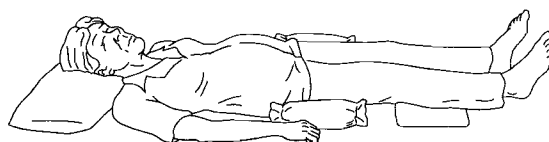
2. _____

Comfort measures: _____



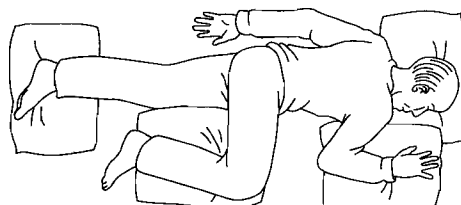
3. _____

Comfort measures: _____



4. _____

Comfort measures: _____



5. _____

Comfort measures: _____

Multiple Choice

6. Why do clients who spend a lot of time in bed or wheelchairs need to be repositioned often?
 - (A) Repositioning helps prevent boredom.
 - (B) They are at risk for skin breakdown and pressure injuries.
 - (C) Repositioning makes it easier to talk to visitors.
 - (D) Their family members will usually sue the agency if they are not.
7. In this position, the client is lying on either side:
 - (A) Supine
 - (B) Lateral
 - (C) Prone
 - (D) Fowler's
8. In this position, the client is lying on his stomach:
 - (A) Sims'
 - (B) Lateral
 - (C) Prone
 - (D) Fowler's
9. Logrolling is
 - (A) A way to measure a bedbound client's weight
 - (B) One way to record vital signs for clients who cannot get out of bed easily
 - (C) Moving a client as a unit without disturbing alignment
 - (D) A special method of bedmaking
10. Dangling is
 - (A) Lying in the supine position
 - (B) Doing a few sit-ups in bed to get used to the upright position
 - (C) Elevating the client's feet with pillows
 - (D) A way to help clients regain balance before standing up
11. A client in the Fowler's position is
 - (A) In a semi-sitting position (45 to 60 degrees)
 - (B) Lying flat on his back
 - (C) In a left side-lying position
 - (D) Lying on his stomach

Name: _____

12. A draw sheet is used to
 - (A) Make changing the bottom bed sheet easier
 - (B) Help clients sleep better
 - (C) Reposition clients without causing shearing
 - (D) Prevent incontinence

2. Describe how to safely transfer clients**Multiple Choice**

1. Which of the following is an accurate guideline for home health aides working with clients in wheelchairs?
 - (A) Before transferring a client, the HHA should make sure the wheelchair is unlocked and movable.
 - (B) The HHA should check the client's alignment in the chair after a transfer is complete.
 - (C) To fold a standard wheelchair, the HHA should turn it upside down to make the seat flatten.
 - (D) All clients will need their HHA to transfer them to their wheelchairs.
2. Some clients have a side of the body that is weaker than the other one. The weaker side of the body should be referred to as the
 - (A) Released side
 - (B) Separated side
 - (C) Ambulated side
 - (D) Involved side
3. When applying a transfer belt, the home health aide should place it
 - (A) Around the wheelchair's backrest
 - (B) Underneath the client's clothing, on bare skin
 - (C) Over the client's clothing and around the waist
 - (D) Around the home health aide's waist so the client can hold on to it

4. The following piece of equipment may be used to help transfer a client who is unable to bear weight on her legs:
 - (A) Sling
 - (B) Slide board
 - (C) Wheeled table
 - (D) Folded blanket
5. Which of the following statements is true of using mechanical (hydraulic) lifts to assist with transfers?
 - (A) When doing this type of transfer, it is safer for one person to transfer the client by himself.
 - (B) The legs of the stand need to be closed, in their narrowest position, before helping the client into the lift.
 - (C) Lifts help prevent injury to the home health aide and the client.
 - (D) It is best to use mechanical lifts when moving the client a long distance.
6. When transferring clients who have a one-sided weakness, which side moves first?
 - (A) Left side
 - (B) Either side
 - (C) Weaker side
 - (D) Stronger side

3. Discuss how to safely ambulate a client

Multiple Choice

1. If a client starts to fall while walking, the best response by the home health aide would be to
 - (A) Widen his stance and bring the client's body close to him
 - (B) Catch the client under the arms to stop the fall
 - (C) Move out of the way to allow the client to fall because the HHA could be injured trying to break the fall
 - (D) Let the client fall on top of the HHA to break the fall
2. If a client falls, what is the first thing the home health aide should do?
 - (A) Help the client get up and into bed
 - (B) Help the client walk around the room until she is steady
 - (C) Call for help if a family member is around
 - (D) Give the client ibuprofen and perform a physical examination to check for broken bones
3. A client who has some difficulty with balance but can bear weight on both legs should use a
 - (A) Walker
 - (B) Crutch
 - (C) Wheelchair
 - (D) Transfer board
4. Ambulation is another word for
 - (A) Moving or walking
 - (B) Palpating
 - (C) Riding in an ambulance
 - (D) Logrolling
5. In addition to a transfer belt, what equipment should the home health aide have when assisting a client to ambulate?
 - (A) Mechanical lift
 - (B) Rocking chair
 - (C) Extra pillows
 - (D) Nonskid shoes
6. If the client is unable to stand without help, the home health aide should
 - (A) Hold the client close to the home health aide's center of gravity
 - (B) Tell the client to stand on the count of three
 - (C) Brace the client's lower extremities
 - (D) Adjust the bed to its highest position
7. When helping a client who is visually impaired to walk, it is important for the home health aide to
 - (A) Keep the client in front of her
 - (B) Let the client walk beside and slightly behind her
 - (C) Walk quickly
 - (D) Avoid mentioning stepping up or down

8. Which of the following assistive devices for walking has four rubber-tipped feet?
- (A) C cane
 - (B) Quad cane
 - (C) Crutch
 - (D) Transfer belt
9. When using a cane, the client should place it on his _____ side.
- (A) Left
 - (B) Right
 - (C) Weaker
 - (D) Stronger

4. List ways to make clients more comfortable

Short Answer

1. List four things the home health aide can do to provide for the comfort and safety of clients in and around the bed.

2. Name two benefits of giving a client a back rub.

Name: _____

Matching

Use each letter only once.

- 3. _____ Abduction pillows
- 4. _____ Backrests
- 5. _____ Bed cradles
- 6. _____ Bed tables
- 7. _____ Draw sheets
- 8. _____ Footboards
- 9. _____ Handrolls
- 10. _____ Orthotic devices
- 11. _____ Trochanter rolls

- (A) Placed against the feet to keep them properly aligned and to prevent foot drop
- (B) Keep bed covers from resting on the legs and feet
- (C) Used to help clients who cannot help with turning or moving up in bed; helps prevent skin damage from shearing
- (D) Keep the hand and/or fingers in a normal, natural position
- (E) Rolled towels or blankets that keep the hips and legs from turning outward
- (F) Help support and align a limb and improve its functioning (e.g., a splint)
- (G) Made of pillows, cardboard, or wood, they provide support for the back
- (H) Keep food or other often used items close to the client while he is in bed; one option can be made at home using a cardboard box
- (I) Special pillows used to keep the hips in the proper position after hip surgery