



## CLIENT MOBILITY REVIEW



Before moving a client, check:

### COMMUNICATION

- Eye contact?
- Able to follow simple comments?

### ABILITY

- Change in physical ability?
- Change in energy level?
- Can client move legs, arms?
- Is client drowsy? (Medications, illness, fatigue)

### RESISTANCE

- Client refusing to participate?
- Signs of escalating behaviour?
- Client agitated?
- Client uncooperative?

### EQUIPMENT/ENVIRONMENT

- Any obstacles along the travel path?
- Equipment functioning & positioned appropriately?
- Correct sling type/size?
- Correct positioning of bed, equipment, chair, and track?

#### Principles of Client Handling:

*Handle with Care*

- no manual lifting of client's total body weight, use a mechanical lift to perform lifts
- use transfer and repositioning aids to reduce risk
- conduct a client mobility review prior to each handling task
- to ensure no change in their mobility status

#### Preparing the Caregiver

- conduct a C.A.R.E. mobility review, postpone if there are any undesirable outcomes
- discuss procedure with client and partner
- position yourself correctly
- tighten abdominal, buttock and inner unit muscles
- use leg muscles
- prepare for the unexpected
- give simple instructions

#### Preparing the Environment

- ensure path is clear
- ensure furniture is arranged according to planned transfer
- no spills on the floor
- adequate lighting

#### Preparing the Client

- appropriate clothing and footwear
- do not allow client to put arms around caregiver's neck
- ensure medical devices do not interfere

#### Preparing the Equipment

- ensure equipment is in working order
- position all equipment accordingly
- using equipment procedures as outlined by manufacturer
- lock all wheels
- lower bed rails