

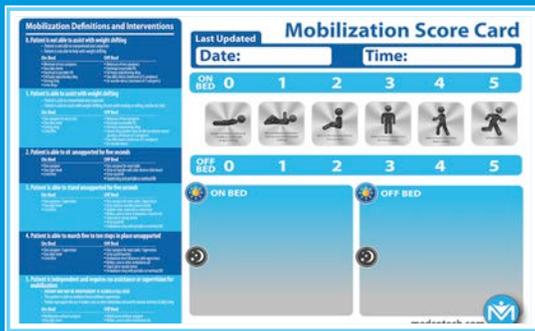


Training Cards



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How to Use the Mobilization Score Card



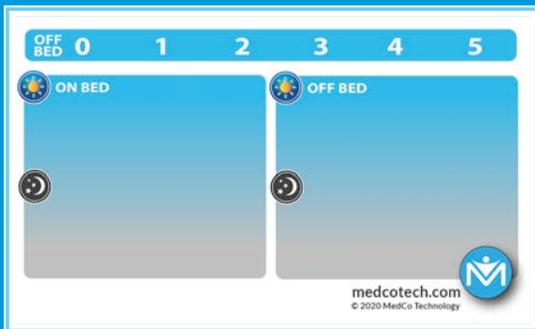
The Mobilization Scorecard is a communication tool used by caregivers to indicate the level of assistance needed to help you mobilize. Any hospital employee attempting to mobilize you in any way can look at this scorecard and know whether or not they need equipment or another caregiver to help you.



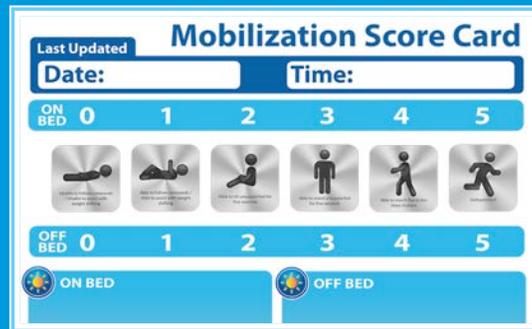
The Definitions and Interventions on the left side of the scorecard indicate which mobilization tasks you should be able to perform at each level and the type of assistance and equipment needed to assist you.



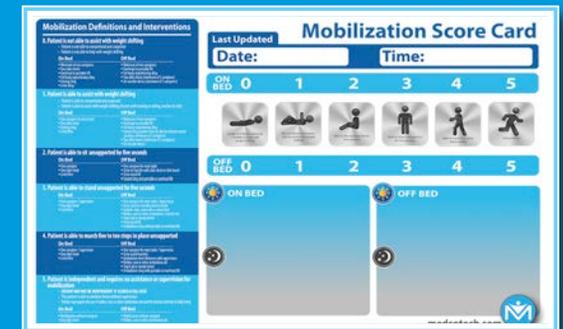
The 0-5 numbering system, as well as the silver icons, indicate the level at which you are able to assist with mobilization tasks. This can vary on the bed and off the bed. After performing mobilization challenges, the caregiver should circle the level of assistance needed for on-bed and off-bed mobilization.



Your ability to assist with mobilization tasks can also vary from day to night. The caregiver should use the blank space to make note of any equipment needed to assist you with mobilization tasks.



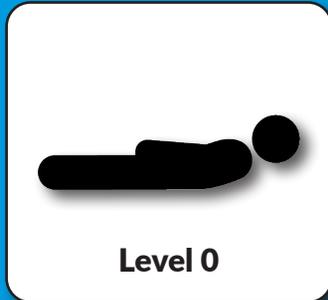
The scorecard should be updated by your caregiver at least once per shift, or when your ability to assist changes. Caregivers should fill in the date and time every time they make a change.



The Mobilization Scorecard is a great way for you to understand and contribute to your mobilization plan, so please don't be afraid to ask your caregiver about it.



How We Test Your Mobility



Unable to Follow Commands / Unable to Assist With Weight Shifting

To ensure your safety, caregivers will test your ability to assist with mobilization and transfers several times a day.



Able to Follow Commands / Able to Assist With Weight Shifting

Caregivers will encourage you to assist with reaching or turning to your side and other simple mobilization tasks.



Able to Sit Unsupported for Five Seconds

If you are unable to assist safely, your caregivers will stop the transfer and may use mobilization devices for safety. The way you transfer out of bed may not be the same way you return.



Able to Stand Unsupported for Five Seconds

Every step of the way, your caregivers will test your ability to sit safely, stand safely and even walk safely. You may be encouraged to transfer one way by day and another way at night.



Able to March Five to Ten Steps in Place

It may seem silly, but your caregiver will ask you to walk or march in place at the bedside to ensure you are safe on your feet and not at risk of falling. Always let us know if you start to feel dizzy or light-headed while in the hospital.



Independent

You may be able to transfer and walk on your own, but if you are a fall risk, you will be asked to call for help before getting out of bed. Please ask any questions about your mobility or share any concerns you may have.





On Bed Mobilization - One Slide Sheet, One Caregiver



Flatten the bed and adjust it to a comfortable working level. Instruct the patient to reach for the siderail to roll onto their side if they are able.



Fold a single slide sheet in half and tuck it under the patient with the folded crease at the patient's bottom and open flap at their ears.



Instruct the patient to reach or roll in the opposite direction and pull slide sheet through, across the surface.



Support the patient's feet and instruct the patient to push toward the head of bed. Raising the foot of the bed or lowering the head may be used as tolerated by the patient.

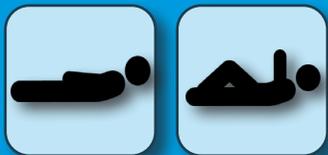


Assist the patient with further turning and positioning using the top layer of the folded slide sheet.



Once done, remove and store the slide sheet. Remember, never leave slide sheets under an unattended patient. Always store the slide sheet while not in use for safety.





On Bed Mobilization - Two Slide Sheets, Two Caregivers



Raise bed to comfortable working level, roll patient onto side using a PAL (pillow, arm, leg) roll and place two slide sheets.



Slide sheets should be placed one on top of the other, under the patient from head to toe.



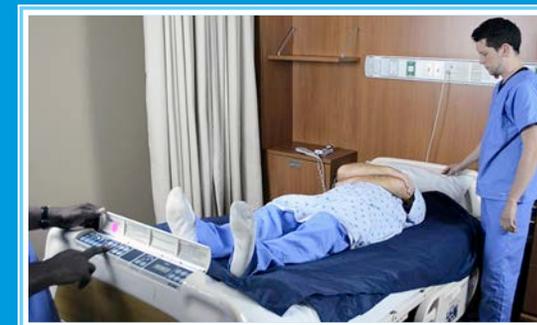
Caregivers then move to the head of the bed. It may be necessary to raise the side rails at the foot of the bed for patient safety.



Place a pillow at the head of bed, grip the top slide sheet close to the patient's shoulder.



Caregivers look across bed in opposite directions, count to three, and shift their bodyweight back to transfer patient up in the bed.



If the patient is able to tolerate it, raising the foot of the bed or lowering the head may be used when boosting with slide sheets.





Portable Lift and Seated Sling - Two Caregivers



Place a seated sling behind the patient, tucking it down to the base of the patient's hips. Ensure the legs of the sling are even on both sides of the patient.



Tuck the legs of the sling under the legs of the patient. Ensure there is no bunching that may irritate the patient's skin during the lift.



With tension in the sling straps, stop and check to ensure all straps are secure and the patient is comfortable.



Raise the carry bar of the lift high enough for the patient to clear the starting surface. At least one caregiver should be supporting patient at all times.



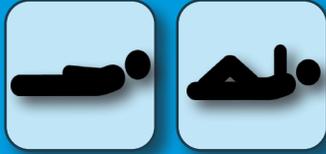
It may be necessary to adjust the width of the legs of the lift in order to appropriately place the patient on the receiving surface.



When the patient is comfortably seated, remove the sling straps from the carry bar of the lift and remove the seated sling.



Turning and Positioning with Portable Lift - Repositioning Sling, Multiple Caregivers



Attach the lifting straps on one side of the sling to the lift carry bar.



Place the patient's pillow in the direction of the turn.



Place a single folded slide sheet under the sling prior to the turn.



Slowly raise the carry bar. As the lift raises, the patient will slowly turn to one side.

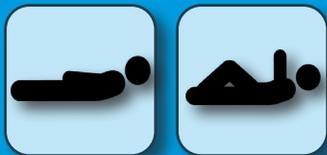


As the patient turns, the caregiver may push with light pressure against the patient's shoulder and hip to keep the patient centered in the bed.



Place pillows or wedges behind the patient and sling for support, then lower the lift and detach the straps. Straighten out the sling to prevent wrinkles or potential pressure areas to protect the patient's skin.





Transfer from Bed to Chair with Overhead Lift - Repositioning Sling, Multiple Caregivers



Position the lift carry bar over the patient's mid-section and lower it. The carry bar should be close to the patient but not touching.



The carry bar should be supported by one of the caregivers at all times while attaching the lifting straps.



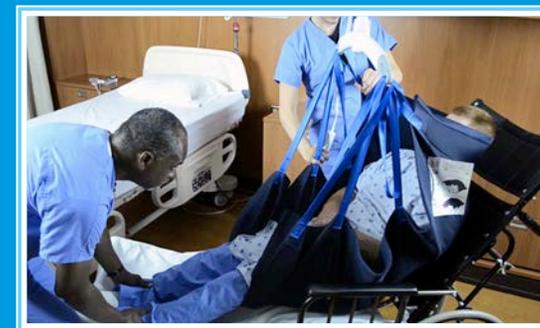
Start at the patient's head and attach the lifting straps on both sides of the sling, matching the loop colors across the body.



Once all straps are attached to carry bar, raise the lift until there is tension in the straps. Stop to check all straps. Ensure they are firmly attached and the patient is secure and comfortable. Raise the patient until they clear the mattress.

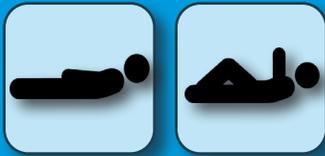


One caregiver supports patient while the other guides the lift to move the patient to the bedside chair or receiving surface.



Lower the patient, disconnect the lifting straps from the carry bar and straighten the sling to prevent any wrinkles or potential pressure areas to protect the patient's skin.





Lateral Transfer - Two Slide Sheets, Minimum of Three Caregivers



Raise the bed up to a comfortable working level and place two slide sheets under the patient from head to toe.



Place the receiving surface close to and slightly lower than the bed.



To bridge a gap or uneven surfaces, place rolled linen or a slide board between bed and stretcher. Alternatively, you may use a lateral transfer board to bridge the gap.



With three caregivers, two stand near the patient to push while one stands on the opposite side to pull. To prevent hyper-extension, stop once the patient is halfway between the two surfaces.



One of the caregivers pushing will move to the opposite side of the beds to assist with pulling to complete the transfer safely.



Once the transfer is complete, remove the slide sheets. Remember, never leave slide sheets under an unattended patient.



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...toll-free by phone at 855.475.4647

