

AMBULATION

PURPOSE:

1. To assist resident to achieve maximum function.
2. To provide assistance to resident as necessary.
3. To re-educate resident in ambulation techniques.
4. To teach resident use of assistive devices to maintain optimum ambulation function as long as possible.
5. To reduce risk of falls and injury.

EQUIPMENT:

1. Appropriate clothing.
2. Appropriate footwear.
3. Appropriate assistive devices.
4. Brace or splint, if needed.
5. Ambulation (gait) belt (per facility policy).

PROCEDURE:

1. Check resident's medical record for ambulation order; note equipment ordered if any.
2. Check care plan for specific instructions.
3. Assist the resident to a sitting position.
4. Be sure the resident is properly dressed with proper footwear (shoes tied). Use ambulation belt per facility policy.
5. Place gait belt around resident's waist and adjust to fit. Ensure at least 2 fingers fit between belt and resident.
6. Stand facing the resident with your feet shoulder width apart.
7. Have the resident place his/her hands on your shoulders.
8. Grasp the gait belt firmly at each side of the resident.
9. Brace your knees against the resident's knees.
10. Block the resident's feet from sliding with your feet.
11. Pull the resident up into a standing position as you straighten your knees.
12. Move behind and slightly to one side of the resident.
13. Grasp the gait belt with one hand and support the resident as needed with the other hand. Do not let go of the gait belt.
14. Walk with the resident with your gait matching the resident's gait.
15. Assist the resident to pivot and sit in chair in controlled manor, remove gait belt.
16. Notify nurse of any abnormal findings, ex: weakness, refusals.

AMBULATION (HEMIPLEGIC RESIDENT)

PROCEDURE:

Follow all steps as above with the following additions:

1. Stand at the resident's affected side.
2. Assistive device is to be used by the resident on the unaffected side.

3. Walk close to the resident and support with one arm around the waist or by utilizing the ambulation (gait) belt, as appropriate. With your other hand and arm, support the resident on the unaffected side.
4. Use ambulation belt per facility policy.

AMBULATION WITH WALKER

1. Follow steps for ambulation with application of gait belt.
2. Give resident instructions not to pull upon on walker when standing.
3. Stabilize walker and make sure resident has a hold of walker and is stable before letting go of walker.
4. Position yourself behind and slightly to the right side of the residents.
5. Assist with ambulation, holding on to gait belt and providing cues as needed.
6. Assist resident to pivot and sit in chair in controlled manor, reaching for chair arm rests and not holding onto the walker when sitting.
7. Remove gait belt.