

GAIT BELT POLICY

POLICY:

It is the policy of this facility that residents who need physical assistance with ambulation and transfers to and from any surface; that gait belts will be used to maintain optimal balance. This includes transfers from bed, any type of chair, commode, toilet, etc.

PURPOSE:

To aid in resident ambulation and transfers and to promote optimal balance and safety.

PLACEMENT:

Gait belts should be placed at midline with Velcro, or snap closure in front. Adjust belt accordingly for a snug but not constricting fit. Be sure you check by sliding your flat palm between the gait belt and resident. Use on outside of clothing.

PROCEDURE:

1. Explain to resident clearly what you are going to do. Tell them the safety belt will protect them and you. It protects them from losing their balance.
2. Wash hands and apply appropriate PPE.
3. Apply the gait belt before standing or transferring the resident.
4. Grasp the gait belt during transfer. During ambulation use one hand to secure/grasp the gait belt and the other hand should be placed on residents hand or forearm to support and guide the resident.
5. Remove the gait belt after ambulation or transfer.
6. Wash hands

CONTRAINDICATIONS:

Do not use on a resident who has had recent abdominal surgery or has a PEG tube. Apply cautiously with a colostomy resident or those with a superpubic catheter.