**Lifts and Transfers Scenario**

Max is a Health Care Assistant student doing her clinical rotation at a long-term care facility. One of her regular clients is Mr. Macdonald, who is 80 years old and has a diagnosis of mild dementia. He had a Left-sided cerebrovascular accident (CVA) a year ago and weighs 60 kg. His care plan indicates a turning sling for repositioning and a ceiling track lift to help place him into a wheelchair. The care plan states that two people are required for the mechanical lifts.

**Act 1**

*Max is putting clean sheets and towels away on a cart in the hallway that contains other linens. Max hears Mr. Macdonald’s call bell dinging and goes to see what he needs. Before entering, she knocks on the door and gets his permission to enter.*

Max: Hi, Mr. Macdonald, it’s Max; how can I help you?

Mr. Macdonald: Hi, Max. I’ve been lying on my back all day. Could you please turn me over?

Max: Sure! So, your care plan says that I need to use your turning sling and I need to use the ceiling lift. So, what I’ll do is go ahead and attach it now (points to lift) and then I am going to press your call button so I can get the second person to come help.

Mr. Macdonald: Sounds good.

*Max rings the call bell and places it beside bed. She raises the bed, lowers the side rails, and begins to connect the sling to the ceiling track lift. We see both Max and Mr. Macdonald waiting.*

Max: Someone should be here soon.

Mr. Macdonald: My back is really sore. Can you please turn me? You’ve done it before.

**Question: What should Max do next?**

1. Listen to the client’s request and turn him over, using the turning sling by herself. (**Incorrect.** Feedback: Think about the information in the client’s care plan that says that two people are needed to use the turning sling and ceiling track lift. To proceed without another person to help would pose a risk of injury to Max and Mr. Macdonald.)
2. Unhook the turning sling and use the soaker pad to turn Mr. Macdonald onto his side. (**Incorrect**. Feedback: Show the video clip where the Max uses a soaker pad to turn the client, but then grimaces when she feels a muscle pull in her back. Then show written feedback: Soaker pads are not designed for repositioning. Soaker pads do not have low-friction properties. Sliding them requires great effort. Using soaker pads to reposition clients results in an unbalanced load and greater effort. This could result in injuries such as sprains or strains.
3. Put up side rails and leave the room to go look for the care assistant. (**Incorrect**. Feedback: By rushing to get help, Max ends up leaving Mr. Macdonald alone, afraid, and unable to reach his call button.)
4. Acknowledge his frustration and distract him while she waits for the care assistant. (**Correct**. Feedback: Check mark.)

**Act 2**:

*Max is in hallway, approaching Mr. Macdonald’s room with a wheelchair. She knocks on his door and receives permission to enter. She enters the room.*

Max: Hi Mr. Macdonald, it’s time for lunch. So, I’m going to get you into your wheelchair, and then I’ll get your food.

Mr. Macdonald: Sounds good. I’m really hungry.

Max: Great! So, I’m going to connect you to the ceiling lift and then my instructor is going to come in to help.

*Max takes the sling from the wheelchair and begins to apply it to Mr. Macdonald. She does not adjust the bed to a working height or lowers the side rail. She puts the sling on inside out and does not have it centered. Max is unable to connect the loops to the lift due to these errors.*

**Question: Max made some errors when applying the sling. What should she do to correct them?**

1. Adjust the height of the bed and lower the side rail prior to applying the sling to ensure good body mechanics. (**Incorrect.** Feedback: Max should raise the height of the bed and lower the side rail to ensure good body mechanics, but what else should she have done?)
2. Adjust the height of the bed, lower the slide rail, ensure the sling is right side out and centered around Mr. Macdonald’s body, and then connect all the loops to the ceiling track lift. (**Correct**. Feedback: Check mark.)
3. Adjust the height of the bed, lower the side rail, center Mr. Macdonald on the sling, and then connect most of the loops to the ceiling track lift. (**Incorrect.** Feedback: Max should remember that all loops must be securely attached to the ceiling track lift for safety.)
4. Adjust the height of the bed, lower the side rail and ensure the sling is right side out. Then center Mr. Macdonald’s body on the sling and connect some of the loops to the ceiling track lift. (**Incorrect.** Feedback: Max should remember that all loops must be securely attached to the ceiling track lift for safety.)

**Act 3**

*Mr. Macdonald is sitting in his wheelchair, waiting for Max to bring his tray. Mr. Macdonald has slid forward in his chair and is now sitting on his coccyx rather than his buttocks. Max enters the room to set a tray on the small table. She looks at Mr. Macdonald.*

Max: You don’t look very comfortable. Can I help you?

Mr. Macdonald: Just pull me by my pants like the other girls do.

**Question: How should Max reposition Mr. Macdonald?**

1. Follow the client’s wishes by pulling him back by his pants. (**Incorrect**. Feedback: Repositioning Mr. Macdonald this way could lead to friction injuries and tissue damage to him. The Health Care Assistant could also experience strain or sprains.)
2. Ask the client to use his good hand and leg to push himself back in the wheelchair. (**Incorrect.** Feedback: Show clip of Mr. Macdonald trying to reposition himself. He doesn’t have enough strength and begins to get frustrated. He says, “I can’t do this. It’s hurting me. You need to help me.”)
3. Stand in back of Mr. Macdonald, place her arms under his armpits, and lift him into a proper position. (**Incorrect.** Feedback: Adjusting the client this way could lead to serious injury for the client, the Health Care Assistant, or both.)
4. Ask another care assistant or her instructor for assistance and use the ceiling track lift to re-adjust Mr. Macdonald. (**Correct.** Feedback: Check mark.)

**Act 4**

*Mr. Macdonald is now seated in his wheelchair with his lunch tray on a table in front of him. Max has just finished getting him settled for the meal.*

Max: OK Mr. Macdonald, is there anything else you need?

Mr. Macdonald: No.

*Just then, Rochelle, a nurse, comes into the room and addresses Max.*

Rochelle: Max, I was wondering that when you’ve finished with Mr. Macdonald, if you could go down the hall and help Mrs. Barclay to physio? She’s in her room waiting. She’s a one-person assist.

Max: OK. (She looks over to Mr. Macdonald. He nods to her.)

Mr. Macdonald: You can go.

*Max leaves. Then, Max walks in the hallway to Mrs. Barclay’s door. She knocks and gets permission to enter. Mrs. Barclay is sitting on the edge of the bed. She has no shoes on, and the bed is in the lowest position.*

Max: Hi Mrs. Barclay. It’s Max. I’m here to take you to your physio session.

Mrs. Barclay: Oh, thank you.

Max: I’m just going to check your care plan first.

*Max looks at the plan. Then Max stands beside Mrs. Barclay and supports her right hand, using a thumb-to-thumb grasp. She places her right hand (palm up) into the patient’s right hand (palm down).*

Max: OK, let’s get you to physio. One, two, three.

**Question: Max made some errors when doing this transfer. What should she have done to ensure a safe transfer? (The care plan does not require the use of a gait belt.)**

1. Put brakes on the wheelchair and flipped back or removed the foot pedals prior to the transfer. (**Incorrect**. Feedback: Putting brakes on the wheelchair and flipping back or removing the foot petals prior to the transfer are important safety measures, but there are other things Max should have done.)
2. Raised the bed to an appropriate height and put the brakes on the wheelchair prior to the transfer. (**Incorrect**. Feedback: Raising the bed would make it easier for Mrs. Barclay to stand. Putting brakes on the wheelchair prior to transferring is an important safety measure, but there are other things Max should have done.)
3. Put Mrs. Barclay’s shoes on and raised the bed to an appropriate height prior to the transfer. (**Incorrect.** Feedback: Ensuring a client has their shoes on prior to transferring is an important safety measure. Raising the bed would make it easier for Mrs. Barclay to stand, but there are other things Max should have done.)
4. Put Mrs. Barclay’s shoes on, raised the bed to an appropriate height, put the brakes on the wheelchair, and flipped back or removed the foot pedals prior to the transfer. (**Correct**. Feedback: Check mark.)