**Activity 2: Repositioning practical**

**Your task:**

* Work in a group of three.
* Your task is to complete three scenarios where you will demonstrate moving and handling techniques for safe repositioning and using a hoist correctly.
* In each scenario, choose one person to act as the patient. The other two people will act as the healthcare assistants. Alternatively, a mannequin could be used. Swap roles for each scenario.
* For each scenario, discuss the question in your group.
* You would benefit from recording your demonstration and should narrate what you are doing as you go along. This could be added to your reflective portfolio.

Please note: The focus of this activity is an introduction to repositioning to avoid pressure injuries. Please ensure appropriate training has been undertaking if demonstrating the use of any of this equipment.

|  |
| --- |
| **A – Hoist a patient from bed to chair**  The patient has significant post-operative pain that prevents weight bearing. They need moving to improve their circulation, reduce the risk of pressure injuries and prevent complications from prolonged immobility.   * Before use, complete safety checks on the hoist. * The patient is sitting up in bed, safely prepare and hoist them. * Seat them in a high-back chair on a seated cushion. * Inform the patient about seated repositioning at a later time. * Use effective communication and interpersonal skills throughout.   **Discussion question:**  Why is it not a good idea to leave a patient experiencing pain lying down, even though moving them might aggravate their pain? |
| **B – Reposition a seated patient with little independent movement**  The patient is elderly and recovering from an infection. They are frail. They have some difficulty with understanding depth perception or directions.   * Ensure the patient is kept informed and is ready for any moves. * Stand the patient up using a walking frame. * Use cushions as support. * Use effective communication and interpersonal skills throughout.   **Discussion question:**  There are risks in standing a seated patient during repositioning. Could adjusting their cushions alone be an effective alternative? |
| **C – Reposition a patient who is lying on their back**  The patient is awaiting an assessment to investigate the cause of their light-headedness and loss of balance.   * Gather the relevant equipment needed for moving. * Ensure the patient is kept informed and is ready for any moves. * Use the equipment correctly. Work with a partner for two person moves. * Use effective communication and interpersonal skills throughout.   **Discussion question:**  Why is this not a simple one-person repositioning task? |