**Activity 1: Repositioning equipment answers**

**Task 1:** **Understanding repositioning equipment**

Watch the Skin integrity; Introduction to repositioning equipment video: <https://vimeo.com/1105132120>. Use the information in the video to fill in the table.

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| **Equipment** | **Why is it used?** |
| Adjustable hospital bed | Comfort for patient as it can be moved up at the head or legs.  Pressure relieving – good for patients who can't move independently.  Can be altered to encourage blood flow. |
| Crutches | Promotes movement and mobility and reduces pressure on the skin.  Prevents prolonged sitting or lying down.  Improves circulation. |
| Sling | Temporary relief from pressure.  Takes pressure off areas such as back, hips and heels.  Helps change position safely.  Allows repositioning – pressure area care. |
| Slide sheets | Reduces friction = less skin tears or shear injuries.  Allows for easy repositioning (this means it occurs regularly, reducing pressure). |
| Transfer or banana board | Helps encourage movement for pressure relief.  Ensures safe manual handling for individual and promotes independence.  Reduces time spent in specific position. |
| Mobile hoist | Enables regular repositioning.  Allows pressure-free lifting – being lifted may relieve pressure for short while.  Facilitates access to skin to perform skin care. |
| Transfer belt | Supports safe movement and repositioning.  Reduces risk of dragging or damaging skin.  Reduces friction and shear.  Protects both individual and staff members. |
| Wheelchair | Prevents prolonged lying down.  Supports safer movement. |

**Task 2: Using repositioning equipment**

Answer the questions.

1. Name two repositioning techniques used to relieve pressure on joints.

Any two from:

**Side lying**

* Reduces pressure to sacrum and hips.
* Recommended by NICE guidelines.
* Promotes comfort and reduces pressure on bony areas.
* Redistributes pressure from high-risk areas such as tailbone and hips.
* Pillows can be used to support and to avoid skin to skin friction.

**Flat on back**

* Common but risks might be too much pressure on sacrum and heels.
* Should be used with other pressure relieving aids, e.g. heel protecters, specialist mattress.

**Head** **of** **bed** **raised**

* Can be used with patients with breathing difficulties and during feeding.
* Can increase pressure on buttocks and heels – monitor carefully.

Sometimes feet raised, too. This can reduce pressure on lower back.

2. What are the key safety steps when transferring a patient into bed from a wheelchair?

* Check care plan/risk assessment.
* Wash hand and wear PPE, if appropriate.
* Explain the procedure to the patients.
* Prepare environment, e.g. is the bed at safe height? Are there breaks on the bed?
* Have the correct number of staff.
* Use correct equipment if needed.
* Position yourself safely.
* Move patient safely and gently, use clear communication.
* Maintain dignity and privacy.
* Check skin and pressure areas.
* Document any repositioning.

1. Why is good communication essential when using repositioning equipment?

* To ensure consent is gained and to reassure the patient. This can be a scary process, and the person may feel nervous or vulnerable.
* To work effectively as a team.
* To respond to concerns or discomfort.
* To ensure you are following the correct procedures, e.g. using risk assessment and care plan.
* To promote dignity and respect.

1. Why is a risk assessment needed before using repositioning equipment?

* To identify any potential hazards, e.g. faulty equipment, wrong sling, lack of space.
* To keep the individual safe, e.g. fragile skin, limited mobility, fear or anxiety of the procedure.
* To protect staff from injury.
* To ensure equipment is safe to use, e.g. suitable for individuals’ weight and needs, used in line with manufacturer’s instructions, in good condition.
* To comply with legal requirements.

1. What should be checked before using a mobile hoist?

* Confirm care plan and risk assessment.
* Battery – is it fully charged? Avoid using if battery is low or not holding charge.
* Visual inspection – wheels, frame, handset control panel, emergency stop.
* Check the sling – correct size and types, not fraying, tears or loose stitching.
* All straps and loops intact.
* Label with weight limit visible and readable.

**Task 3:** **Pressure relief equipment**

Make a list of types of pressure-relieving equipment.

* Hospital bed range of mattresses (foam, air, gel, water or bead-filled mattresses, as well as alternating pressure mattresses and air-fluidized beds).
* Bed overlays (foam overlays and covers can make mattresses more comfortable).
* Cushion (for bed, chairs, wheelchairs and commodes, including gel cushions, air-filled cushions and foam cushions).
* Joint/pressure protection, (foot pads, such as elbow and knee pads, and heel pads).