

Techniques for Bed Transfer (Getting On/Off the Bed)

1. Definition:

Transfer refers to the movement of postures between different surfaces. This activity can aid in physical recovery and prevent complications caused by prolonged bed rest. During the early stages of hospitalization, activities such as getting on and off the bed may be affected by physical weakness or treatment. Impaired movement functions or balance can hinder the ability to transfer, increasing the risk of falls. To ensure early mobility while avoiding injuries, learning proper transfer techniques is crucial.

2. Applicable Targets:

Individuals with physical weakness, impaired limb mobility, or those requiring assistance in daily activities.



Care Methods and Precautions for Bed Transfer Techniques

1



2



1. The patient's stronger side should be positioned closer to the bed, with the wheelchair at a 30-degree angle to the bed.

2. Engage the brakes to ensure the wheelchair is secured.

3



4



3. Move the hips forward to sit on the front third of the wheelchair cushion.

4. Extend the hands forward to hold onto the bed, leaving space for the hips to sit down.

5



6



5. The caregiver should hold the waistband of the patient's pants to assist with horizontal movement without requiring the patient to stand fully.

6. Ensure the patient is sitting stably before leaving.



Bed-to-Wheelchair Transfer Techniques - Care Methods and Precautions

1



1. Place the wheelchair on the patient's stronger side near the bed, with a 30-degree angle to the bed.

2



2. Engage the brakes to ensure the wheelchair is secured.

3



3. Move the hips forward and ensure the feet are touching the ground.

4



4. Extend the hands forward to hold onto the far armrest of the wheelchair, using the stronger leg for support.

5



5. The caregiver should hold the waistband of the patient's pants to assist with horizontal movement without requiring the patient to stand fully.

6



6. Ensure the patient is sitting stably before the caregiver leaves.

三、參考文獻

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For more information about bed transfer techniques, please consult the rehabilitation department or nurses at any branch of E-Da Healthcare Group.

| Contact Information | | |
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| E-DA Hospital Add: No. 1, Yida Road, Jiaosu Village, Yanchao District, Kaohsiung City 82445, Taiwan, R.O.C. Tel: +886-7-6150011 | E-DA Cancer Hospital Add: No. 21, Yida Road, Jiaosu Village, Yanchao District, Kaohsiung City 82445, Taiwan, R.O.C. Tel: +886-7-6150022 | E-DA DaChang Hospital Add: No. 305, Da-Chang 1st Road, San-Min District, Kaohsiung City 80794, Taiwan, R.O.C. Tel: +886-7-5599123 |