Rehabilitation Therapy – Stand-Pivot Transfer

Purpose:
To teach the patient and caregiver to perform a safe standing pivot transfer.

Considerations:
1. If caregiver is to assist with the transfer, he/she must use good body mechanics.
2. Assess patient's upper and lower extremities, standing balance and ability to move lower extremities in the standing position. Patient should be able to support weight on at least one of the lower extremities and be able to push up from the wheelchair.

Equipment:
Transfer vest, if available, or gait belt
Wheelchair with detachable arms and leg rests
Walker
Allen Pole

Procedure:
1. Explain procedure to patient/caregiver and provide written instructions.
2. Position wheelchair at a 45 degree angle to the bed so that the patient's strong or weight bearing side is closest to the chair, remove both leg rests and lock chair. Patient may be able to do this.
3. Patient/caregiver puts the gait belt on the patient and makes sure that it is secure.
4. Patient sits on the edge of the bed with feet flat on the ground.
5. Patient should push on bed and raise buttock off bed (if necessary caregiver can help) and reach for the arm rest of the locked wheelchair, pivot and sit in the chair (patient may take several small steps using a walker).
6. Patient centers self into chair and replaces foot rests.
7. When patient returns to the bed, the procedure is reversed with the patient reaching for the bed and pivoting into the bed.

After Care:
1. Assess patient's comfort.
2. Assess if caregiver needs further instructions.
3. Document in patient's chart any special instructions or safety measures.