

# Safe Movement During Your Hospital Stay

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## **How do I move safely while in the hospital?**

It is common for patients in the hospital to have changes in their ability to safely move their body. This may occur because of your medical condition or new medications. These changes can sometimes surprise you and your family or friends. To support your recovery and protect you from injury, it is important that everyone involved in your care knows what movement you can safely do on your own, and when to get assistance from staff.

While you are here, we will give you opportunities to move to help your recovery. Your health care team will continually measure your ability to move safely on your own. They will select appropriate equipment to help you when you cannot move on your own.

If you have any questions at any time about your movement activities or methods, please ask. Staff will answer any of your questions.

## **Why is it important to be mobile while in the hospital?**

Being immobile (not moving) negatively affects every body system. Moving in a safe manner while you are here can aid in your recovery and help shorten your stay.

## **How do I move safely while in the hospital?**

Your health care team will assess your ability to move on your own without risk of falling or injury throughout your time in the hospital. Until you are able to safely move yourself, staff will select and use appropriate equipment to help you. We may use programs that combine physical therapy and mobility.

## Will I need to use special equipment?

You might need to use equipment during the following activities:

- standing or walking
- moving from one surface to another, for example when you move from a bed to a chair, to or from the toilet, or when going for a test or procedure
- Changing positions (such as turning on your side or scooting up in bed)
- During care (such as changing a bandage, or to help support you during therapy).

## What types of lifting and moving equipment might I need?

- Equipment for safety while standing or walking includes familiar items such as a cane, walker or crutches. We may also use equipment you haven't seen before, such as using a walking vest attached to a lift mounted to the ceiling that travels on an overhead track or a mobile lift that rolls across the floor.



Cane (left), convertible cane and walker (center), and walker (right)

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Likorall Ceiling lift machine helps to move from bed to wheel chair

- Other types of equipment help you to move from sitting to standing. Whether you need a little help or a lot, the correct equipment can help you to move safely.



Transferring from the bed to a wheelchair using a Sit-to-stand aid.



Moving from the bed to standing using the EZ Way Smart Stand.

- When you need to move while lying down to change position or move from one surface to another (such as between a bed and a stretcher) your nurse or physical therapist will select specific equipment to use based on your condition and how much assistance you need. Equipment may include a special board or sheet that makes it easier for you to slide or an air-filled mattress. If they need more help they may choose a special cloth sheet securely attached to a lift.



Moving from the bed to the stretcher with the inflatable HoverMatt



Using a Slide Sheet to turn the patient to their other side



Using a Slide Board to slide across to a different bed.

- For those times when your health care team determines it is unsafe for you to move yourself, staff can use slings and accessories attached to the lifts (ceiling mounted or mobile) to completely support you.



Lifting from the bed using the Viking XL lift machine.



Getting out of wheel chair using the Viking XL lift machine.



Moving while lying down using the Likorall Ceiling lift.

- Lift equipment may also be used during your care, for example to hold up your leg while a bandage is changed, or to provide extra safety or support while you participate in therapy activities.



Using a limb support strap to hold up the leg.

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