NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: ____________________________

Moving Resident Up in Bed - With and Without Turn Sheet - 5.02A

This skill MUST BE TAUGHT.
However, individual skill competence check is NOT required for this skill.

Equipment: Turning sheet (drawsheet or full flat sheet folded in half or large fabric underpad)

   1. Request help from co-worker.
   2. Knock before entering.
   3. Greet and identify resident.
   4. State your name and title.
   5. Explain procedure and obtain permission.
   6. Wash hands and provide privacy.
   7. With co-worker at one side of bed, provide for resident safety and then raise bed to best level for body mechanics. Check that wheels are locked.
   8. Lower bed to flat position.
   9. Place pillow against headboard.

10. Without Turning Sheet
    □ Person on either side of bed places one arm under shoulder and one arm under thigh.
    □ Ask resident to help if able by flexing both knees, placing feet on bed and grasping headboard with hands.
    □ Explain that on count of “3”, resident should pull up with hands and push against bed with feet, as you and co-worker move resident up. This may take more than one attempt.

11. With Turning Sheet
    □ Position turning sheet under resident, if not already in place.
    □ Roll sides of turning sheet up close to resident and grasps sheet firmly at shoulder and buttocks.
    □ Move up in bed on count of “3”. Buttocks must clear mattress to avoid shearing.
    □ Place pillow under head.
    □ Provide for resident safety and lower bed.
    □ Provide for comfort with call signal in reach.
    □ Wash hands.
    □ Record actions and report any abnormal observations to supervisor.