**Suggested Answers to Assignments, Chapter 15, Positioning, Lifting, and Transferring Patients and Residents**

| Written Assignments | Learning Objective(s) |
| --- | --- |
| Assignment #1. Students complete Chapter 15 of *Lippincott Workbook for Nursing Assistants.* | 1–5 |
| Assignment #2. Students’ responses should include:   * Plan the transfer and get help if necessary. * Explain the procedure to the patient. * Use correct body mechanics. * Bed should be in lowest position and wheels locked on beds, stretchers, and wheelchairs. * Make sure the front swivel wheels of the wheelchair are facing forward. * Check to see that clothing fits. * Shoes should provide good foot support and have nonskid soles. * Transfer to the person’s strong side. * Do not allow person to hold onto you. * Do not place your hands under a person’s arm or arms to help support him. | 4 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Students’ responses should include:   * Pain or discomfort is caused by pressure on soft tissues between bone and a firm surface which can lead to skin breakdown unless repositioning occurs. * Pain or discomfort is caused by strain on muscles and joints when the body is out of proper alignment. | 1, 2, 3 |
| Assignment #2. Students’ responses could include:   * Physical discomfort * Frustration * Increased body awareness | 3 |
| Assignment #3.   * Musculoskeletal   + Brittle bones   + Contractures   + Muscle weakness * Nervous system   + Lack of stimulation   + Anxiety   + Feeling isolated * Digestive system   + Decreased appetite   + Constipation   + Incontinence * Integumentary system   + Decreased blood flow   + Pressure ulcers   + Broken skin due to friction and shearing * Cardiovascular system   + Blood clots   + Decreased blood flow * Respiratory system   + Pneumonia   + Decreased respiratory effort   + Decreased oxygenation of the blood * Urinary system   + Decreased kidney function   + Incontinence   + Urinary tract infection | 1 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Students watch Module 3 of *Lippincott Video Series for Nursing Assistants*. | 3 |
| Assignment #2. Students watch Module 4 of *Lippincott Video Series for Nursing Assistants.* | 4 |
| Assignment #3. A nurse or physical therapist will talk with the students about the use of good body mechanics while repositioning, lifting, or transferring patients or residents, and will demonstrate the use of the mechanical lifts used in that clinical setting. | 2, 4, 5 |
| Assignment #4. Demonstrate for the students and have them practice the procedures in Chapter 15 using the procedure check-off lists in *Lippincott Workbook for Nursing Assistants*. It is probably more effective to break up the procedures into two groups: positioning and lifting/transferring. | 5 |

| Web Assignment | Learning Objective(s) |
| --- | --- |
| Assignment #1. Students can enter “mechanical lifts for patients” to find websites such as:   * <https://www.spinlife.com/category.cfm?categoryID=108> * <https://www.cdc.gov/niosh/docs/2006-117/pdfs/2006-117.pdf>   Students can enter “patient transfer equipment” to find web sites such as:   * <https://www.universalmedicalinc.com/all-products/patient-transfer.html> * <https://www.medline.com/category/Transfer-Equipment/cat1460044> | 4, 5 |