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

| Suggested Answers for Topics for Discussion | Learning Objective(s) |
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| 1a. Students’ responses should include the following:   * Gertrude is at risk for:  1. Pressure ulcers 2. Contractures 3. Pneumonia 4. Blood clots in lower legs, lungs, and brain 5. Muscle weakness and atrophy 6. Urinary tract infections 7. Constipation 8. Bowel and bladder incontinence 9. Brittle bones 10. Anxiety and feelings of isolation 11. Reduced blood flow 12. Decreased oxygen in the blood   1b. Students’ responses should include the following:   * Encourage Gertrude to be as active as possible. * Place Gertrude in proper body alignment. * Use supportive devices to maintain good body alignment. * Reposition her at least every 2 hours. * Use a lift sheet to avoid shearing and friction. * After repositioning her, make sure bed linens are free of wrinkles, and clothing is smooth. * Observe her skin with each new change in position. * Report to the nurse immediately any reddened skin that does not return to its normal color after gentle massage of the surrounding tissue. * Do not massage reddened areas over bony prominences. * Report to the nurse immediately pale, white, or shiny skin over a bony area. | 1, 2, 3 |
| 2a. Students’ responses should include the following:   * Plan how you will get him up and, if necessary, get help from others. * Make certain the bed is in the lowest position and the wheels are locked. * Position the wheelchair on Jerry’s left side, lock the wheels, and remove the footrests or swing them to the side. * Put a nonskid shoe or slipper on his left foot. * Instruct Jerry before transfer not to hold onto you around your neck.   2b. Students’ responses should include the following:   * Apply a transfer belt snugly around Jerry’s waist. * Make sure his left foot is flat on the floor and his left hand is on the armrest. * Assist him to stand and pivot by using the gait belt and good body mechanics. * Assist him into the chair and position him in good body alignment. * Support his injured limbs on pillows and footrest. | 4 |