**Assignments, Chapter 15, Positioning, Lifting, and Transferring Patients and Residents**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Complete Chapter 15 of *Lippincott Workbook for Nursing Assistants*. | 1–5 |
| Assignment #2. Without referring to your textbook, list as many safety guidelines you know should be kept in mind when transferring a patient or resident. | 4 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Sit in an uncomfortable position for 10 minutes. Discuss the discomfort you experienced and the reasons for the discomfort, as well as the importance of repositioning and good body alignment. | 1, 2, 3 |
| Assignment #2. Sit or lie down in a comfortable position and remain in that position for 15 minutes. At the end of 15 minutes, discuss your experience, including how the immobility affected you emotionally. | 3 |
| Assignment #3. Discuss in a group the serious complications of immobility for each body system listed:   * Musculoskeletal system * Nervous system * Digestive system * Integumentary system * Cardiovascular system * Respiratory system * Urinary system | 1 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Watch Module 3 of *Lippincott Video Series for Nursing Assistants*, “Positioning and Lifting Patients and Residents,” which reviews the five basic body positions and the procedures for moving a person up in bed, turning a person onto his or her side, logrolling and dangling, with an emphasis on proper body mechanics. | 3 |
| Assignment #2. Watch Module 4 of *Lippincott Video Series for Nursing Assistants*, “Transferring Patients and Residents,” which reviews how to apply a transfer belt, how to assist with transfers from bed to a wheelchair and back, and how to use a mechanical lift, with an emphasis on proper body mechanics. | 4 |
| Assignment #3. A nurse or physical therapist from your clinical site will speak to your clinical group about the use of safe transfer skills, good body mechanics, and will demonstrate the mechanical lifts used in the facility. Practice using the lifts before using them in the clinical site. | 2, 4, 5 |
| Assignment #4. Observe demonstrations and practice the procedures in Chapter 15 using the procedure check-off lists in *Lippincott Workbook for Nursing Assistants*. | 5 |

| Web Assignment | Learning Objective(s) |
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| Assignment #1. Search the Internet for the latest technology in patient lifting and transferring equipment. | 4, 5 |