

Skill 18-6 Ambulating the Patient and Breaking a Fall

Student: _____

Date: _____

| | S | U |
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| 1. Carries out Standard Steps A, B, C, D, and E as need indicates. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Sits the patient on the side of the bed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Places patient's feet firmly on the floor. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Places gait belt around patient's waist if one is available. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Safely assists patient to a standing position using proper body mechanics. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Allows patient to stabilize and gain balance. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Checks and corrects patient's posture; provides support with near hand holding gait belt. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Walks at patient's side, matching gait, while safely stabilizing patient. | <input type="checkbox"/> | <input type="checkbox"/> |

Should Patient Begin to Fall

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| 9. When patient begins to fall, assumes broad stance, and grasps patient's body at waist or under the axilla. Grasp gait belt if one is on patient. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Extends near leg against the patient, bracing patient's body and slides patient down the leg to the floor while bending own knees. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Examines patient for any sign of injury sustained in the fall. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Calls for additional help to assist the patient back to bed. | <input type="checkbox"/> | <input type="checkbox"/> |

To Return to Bed While Ambulating

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| 13. After ambulating, walks patient to the side of the bed, positions patient with legs at edge of mattress and while facing patient, assists patient to safely sit on side of bed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Carries out Standard Steps X, Y, and Z. | <input type="checkbox"/> | <input type="checkbox"/> |

Successfully completed ☐Needs practice and retesting ☐

Comments:

Instructor: _____