

Chapter 27

AMBULATION

PROCEDURE FOR AMBULATING A CLIENT WITH A CANE:

1. Wash your hands.
2. Explain what you are going to do.
3. Lower the bed to lowest level; assist client to sit on edge of bed.
4. Pause and allow the client to sit on the edge of the bed a few moments to regain his balance.
5. Assist the client in putting on socks and nonskid shoes.
6. Apply a gait belt.
7. Stand in a position of good body mechanics.
8. Assist the client to a standing position by straightening your legs as you lift with the gait belt and the client pushes down with his hands on the mattress.
9. Instruct the client to move the cane forward and a little to the outside of his strong leg. Client should use the cane on his stronger side.
10. Instruct the client to take short steps and keep his head up and eyes looking forward.
11. Instruct the client to move his weak foot forward to line up evenly with the tip of the cane.
12. Instruct the client to put weight on the cane and weak foot while swinging his strong foot forward.
13. Walk in the same pattern as the client (both step with left foot at the same time).
14. Walk the client the distance instructed by supervisor/nurse as indicated in the service plan.
15. Return the client to bed/chair.
16. Make sure the client is comfortable.
17. Wash your hands.
18. Record observations.