

## Chapter 27

### AMBULATION

#### PROCEDURE FOR AMBULATING CLIENT USING A GAIT BELT:

1. Wash your hands.
2. Explain what you are going to do.
3. Assist the client to sit on the edge of the bed.
4. Pause and allow the client to sit on the edge of the bed for a few moments to regain his balance.
5. Assist the client in putting on socks and nonskid shoes.
6. Put a gait belt around the client's waist.
7. Stand in 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. Pause to allow the client to regain balance.
10. Walk with the client by placing one hand on the gait belt in front of his waist and your other hand in back under the gait belt. Walk on the weaker side and encourage the client to hold the handrail, if available, with strong arm.
11. Walk in the same pattern as the client (both step with left foot at the same time). Assist the client to step forward with strong foot first.
12. Walk the client the distance instructed by supervisor or as indicated by the service plan.

**NOTE: IF THE CLIENT LOSES WEIGHT-BEARING ABILITY, PULL THE CLIENT'S BODY INTO CLOSE ALIGNMENT WITH YOUR HIP/THIGH AREA BY USING THE GAIT BELT AND LOWER HIM TO THE FLOOR USING THE LARGE MUSCLES OF YOUR LEGS.**

13. Return the client to the bed/chair.
14. Make sure the client is comfortable.
15. Remove the gait belt.
16. Wash your hands.
17. Record observations.