

## Coaching the Patient

Coaching a patient **before and during** any move will improve their participation and performance, which can lessen the physical stress of a manual transfer. The quick tips below can help you successfully coach your patients. **Key Note:** Always perform a patient assessment before attempting any move and/or transfer.

- Encourage the patient to be an active participant.
- Take time to explain why certain steps are necessary and important.
- Demonstrate all skills to the patient before performing the transfer or move.
- Give **clear, concise, and short directions** before and during a move.
- Instead of counting, use words such as **ready, set, slide** or **move** to improve patient participation.

### Warming Up

Before a move, try one of these simple exercises with the patient:

- Lift one foot/leg at a time off the floor
- Extend one leg at a time
- Shake the feet/legs
- Perform arm across stretches, shoulder shrugs or arm circles

## Coaching in Action: Prepping for Sit to Stand



### Goal:

Get the patient to move to the edge of the seat, if they're able and the seating allows.

### Prompt:

"The first step is to move to the edge of your seat/bed. Can you do that now?"

### Why this step is important:

- Transfers body weight from buttocks to feet.
- Helps to clear patient's feet from the chair or bed.
- Makes it easier to secure the transfer belt.
- Allows you to get closer during the move.



### Goal:

Involve the patient by encouraging them to use their upper body to assist with the move.

### Prompt:

"Place your hands on your armrest/thighs."

### Why this step is important:

- Better balance.
- Compensates for weaker legs.
- Patients are less likely to scratch you, grab you or pull your hair when their hands are occupied. See the **Self Protection** information sheets in this **Caregiver Safety Series** for tips in case a patient gets aggressive.



### Goal:

Prepare the patient to stand by instructing them to lean forward when they are ready.

### Prompt:

"Lean forward by bringing your nose to your toes."

### Why this step is important:

- Transfers patient's weight forward.
- Changes balance.
- Allows for full muscle utilization.
- Demonstrates patient is ready to move.

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