

Side Roll with Patient Assist

Use this technique to safely and comfortably roll a patient in bed with their assistance.

Preparing for the Roll

- Explain all moves and encourage the patient to be an active participant.
- Position the bed at a comfortable working height and make sure the wheels are locked.
- Keep the work area clear of any hazards, especially bed alarm cords.
- Bend the patient's knee on the opposite side of the move. For example, bend the left knee when rolling to the patient's right side.
- Instruct the patient to move the arm on the side to which they are rolling up and away from their side. (See first photo below.)

Performing the Roll

Caregiver 1

- Direct the patient to use their hand on the opposite side of the move to reach for and grab the side rail. (See first photo below.)
- To help the patient reach for the side rail and to initiate the roll, place one hand on the patient's back and one on their bent knee.
- Use a staggered stance. Rotate from the hips and use your legs to help with the move.
- If patient is unable to assist, use a draw sheet and have them cross their arms on their chest.
- Continually communicate with and focus on the patient. To improve patient participation, use words instead of counting.

Caregiver 2

- Wait until after the patient and Caregiver 1 have initiated the roll before helping.
- Place your hands comfortably on the patient's hip and shoulder areas.
- Use a staggered stance. Rotate from the hips and use your legs to push the patient to final side-lying position.
- Once the patient is lying on their side, use pillows as wedges to support them.

Key Notes:

- A **minimum of two caregivers** is required to move a patient to their side. If a third caregiver is required, they should assist Caregiver #2 on the pushing side.
- Always coach the patient using clear instructions. See **Coach the Patient** sheet for tips.
- Instead of counting, use words such as **ready, set, slide** or **move**.

Remember:

Before moving a patient, always follow the tips on the **Safe Patient Interaction** instruction sheet to assess the patient and situation.



Patient grabs the hand rail with the hand on the opposite side of the roll.



Caregiver 1 places their hands on the patient's back and knee to help with the move. Once the roll begins, Caregiver 2 pushes on the patient's hip and shoulder.

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