

Movement and Mobility of the Bariatric Patient

Description

A power point presentation that describes how to safely mobilize and transport a bariatric patient, by utilizing evidence based techniques. It will take approximately 15 minutes to complete this course.

Instructions

- This course is tested and guaranteed to function on an Aurora network PC
- [How to navigate](#) this course
- This course does not require sound

Technical Contact

If you have technical questions please contact the Service Desk at 414-647-3520 in Milwaukee or 1-800-889-9677.

Content Contact

Rebecca Coon BSN, RN,CBN
Bariatric Coordinator, ABMC

Janice Klosowski BSN,RN
Bariatric Program Manager, ASMC

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Learning Objectives

The audience for this course includes all caregivers.

After completing this course, you will be able to:

- Identify challenges and potential risks to bariatric patients and caregivers associated with transfer and movement
- Describe the importance of using safe patient handling techniques when assisting in the movement and transfer of bariatric patients
- Identify and locate assistive devices that should be utilized when transferring or assisting in the movement of bariatric patients

State of Obesity in the United States

- According to the CDC, more than 1/3 of the U.S. population is obese
- The WHO (World Health Organization) identified the epidemic of obesity as one of today's most significant health problems affecting three times as many adults as it did 20 years ago.

Considerations with Movement and Mobility of the Bariatric Patient

Bariatric patients have different needs due to physical size and comorbid conditions (McGinley, 2013)

Additional staff, space and equipment will likely be needed to safely care for the bariatric patient



Considerations with Movement and Mobility of the Bariatric Patient

- Upon admission, it is important to evaluate the patient's ability to participate in repositioning, transferring and ambulation efforts (Nelson & Baptise, 2004).
- Assess the patient's
 - Strength
 - Ability to sit unsupported
 - Ability to turn in bed
 - Weight bearing capability
 - Musculoskeletal conditions affecting mobility
 - Preexisting damage or injury to skin and presence of wounds



Considerations with Movement and Mobility of the Bariatric Patient

Keep in mind, respiratory status may be compromised in the bariatric patient when lowering the head of the bed (Muir & Heese, 2009)

- Lower the head of the bed only when necessary and only for short periods of time, continuously monitoring the patient's respiratory status



Potential for Injury

- Patients are at high risk for injury and adverse events related to movement and transfer in the hospital setting (Nelson & Baptise, 2004)
 - Bruising
 - Skin tears
 - Fractures
 - Joint and muscle injury
- Healthcare workers are also at high risk for injuries related to patient handling and movement



Benefits to Utilizing Safe Bariatric Patient Movement and Mobility Practices

- Reduce the risk of patient injury: pain, skin tears, bruising and fear of being dropped
- Reduce the risk of caregiver injury
- Use assistive devices whenever possible



Available Assistive Devices

- A number of assistive devices are available with varying weight limits. Ensure the equipment being used has a weight limit appropriate for the patient requiring assistance.
 - All furniture and equipment used for patient transfer is labeled with a weight limit according to manufacturer specification
 - UHS rental equipment should be used when existing equipment will not safely accommodate the patient.

Available Assistive Devices

When unable to participate in transfer scenarios, a ***bariatric lift*** should be utilized to move a patient from one piece of furniture to another.



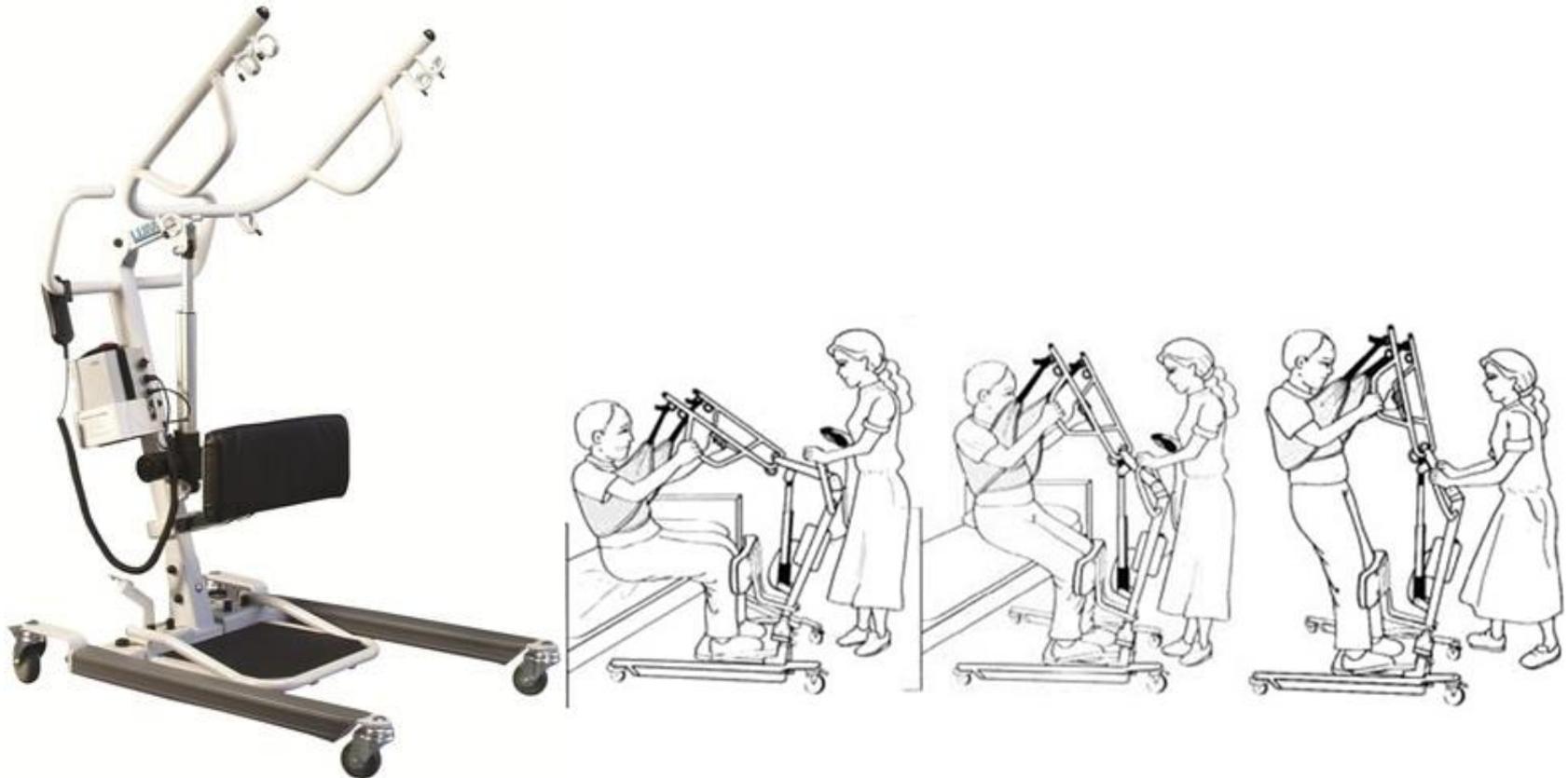
Available Assistive Devices

To assist in the movement of a bariatric patient from one cot/bed to another, the ***Stryker Glide / Hover Mat*** may be utilized. A minimum of 2 caregivers will be needed.



Available Assistive Devices

A ***Sit-to-Stand*** device may be utilized for patients able to sit at the side of the bed and bear weight on lower extremities.



Available Assistive Devices

Remember also to utilize bariatric gait belts and non-slip hospital socks to help prevent falls.



Available Assistive Devices

Bariatric walkers and crutches are also available and should be utilized for patients greater than 300 lbs. requiring these devices



Summary

- The transfer and movement of a bariatric patient may be challenging due to the patient's size and inability to fully participate in the action
- It is important for the safety of the patient as well as the caregiver to utilize assistive devices whenever possible
- A number of different assistive devices are available to use when transferring or moving a bariatric patient
- See Safe Lifting web page on Caregiver Connect for additional resources

References

McGinley, L.D. (2013, Oct). [Keeping bariatric patients and their caregivers safe.](#) *Obesity and Safe Patient Handling.*

Muir, M. & Archer-Heese, G., (2009, January 31). [Essentials of a bariatric patient handling program.](#) *The Online Journal of Issues in Nursing* (14).

Nelson, A. & Baptiste, A. (2004, Sept). [Evidence-based practices for safe patient handling and movement.](#) *The Online Journal of Issues in Nursing.*(9).



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