

## MODULE 7: MOBILITY, POSITIONING, AND TRANSFERS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Fill in the blanks (2 points)

The goal of assisting the stroke survivor is to \_\_\_\_\_ functional recovery and \_\_\_\_\_ independence of movement in a safe manner.

2. You can put your stroke survivor at risk of injury when:

1. You use the appropriate equipment
2. You rush the stroke survivor during the task
3. You are not familiar with the stroke survivor's limitations
4. You provide clear instructions and ensure that they are understood

**Choose Answer:**

- a. 1 and 2
- b. 3 and 4
- c. 2 and 3
- d. All of the above

## Quiz

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

3. Taking the time to become familiar with the stroke survivor's impairments and how to best assist them
  1. Will decrease the risk of injury to the stroke survivor and yourself
  2. Contributes to ongoing therapy
  3. Can reduce any anxiety or stress the stroke survivor has during movement
  4. Allows you to complete tasks quickly without having to communicate with the client

**Choose Answer:**

- a. 1, 2 and 4
  - b. 2, 3 and 4
  - c. 1, 2 and 3
4. Which of the following are key principles of body mechanics?
    1. Using your core muscles can help to protect you from injury when mobilizing stroke survivors
    2. Move quickly to decrease stress on muscles and joints
    3. Decrease your lever arm and have a good base of support
    4. Prepare the stroke survivor and your environment for activity

**Choose Answer:**

- a. All of the above
- b. 1, 2 and 4
- c. 1, 3 and 4
- d. 2, 3 and 4

5. Which statement is *most* accurate when it comes to Key Principles of good body mechanics and patient safety in rolling a patient to their side?
- a. It is good practice to keep your back straight lean over the bed rail as you roll your patient towards you.
  - b. It is good practice to raise the bed, lower the bed rail and pull your patient towards you.
  - c. It is good practice to raise the bed, lower the bed rail and communicate with your patient what you would like to do and instruct them in how to assist in rolling to their side.
  - d. It is good practice to raise the bed, lower the bed rail and communicate with your patient what you would like to do and instruct them in how to assist in rolling to their side. You assist by pulling on their affected arm to help roll them.
  - e. None of the above
6. The shoulder can be injured by:
- 1. The weight of the unsupported arm pulling down when sitting up in a wheelchair
  - 2. Improper technique when doing range of motion
  - 3. Pulling on the arm to roll someone in bed
  - 4. Transferring by lifting under the axilla of the affected arm

**Choose Answer:**

- a. 1, 3 and 4
- b. 2, 3 and 4
- c. 1, 2 and 3
- d. All of the above

7. When positioning the stroke survivor it is important to:
- Promote good alignment
  - Support the affected limbs
  - Ensure comfort
  - Check on them regularly to ensure the above
  - All of the above
8. When assisting the stroke survivor to sit up from side-lying:
- Adjust the height of the bed
  - Ensure you have a good base of support
  - Bend forward at the hips
  - Stay close to the stroke survivor
  - Bend your knees and shift your weight in the direction you are moving

**Choose Answer:**

- All of the above
  - 1, 2, 3 and 4
  - 1, 2, 4 and 5
  - 2, 3, 4 and 5
9. Asking the stroke survivor to assist with rolling promotes
- Body awareness
  - Early mobilization for standing and transfers
  - Increased risk of injury to staff
  - Increased independence in bed mobility
  - All except c.
10. When assisting the stroke survivor to walk, it is best to:
- Stand on the unaffected side and hold onto their arm
  - Stand behind the stroke survivor by holding onto the transfer belt
  - Stand on the affected side and hold onto the affected arm
  - Stand on the affected side and use the transfer belt for support as needed

11. What key things do you consider before deciding on which transfer to use?

- a. Ability to understand instructions
- b. Ability to sit up
- c. Size and weight of the stroke survivor
- d. Ability to weight bear
- e. All of the above

12. Mr. Smith is unable to speak but can understand instructions. He is able to sit up independently and maintain sitting at the side of the bed. He has had good recovery in his right leg but very little in his right arm. He would be suitable for a:

- a. two-person transfer
- b. one-person transfer

13. What equipment would you use to transfer Mr. Smith?

- 1. Lift
- 2. Transfer belt
- 3. Walker
- 4. Hemi arm sling
- 5. Sliding board

**Choose Answer:**

- a. 1 and 4
- b. 2 and 3
- c. 2 and 5
- d. 2 and 4

14. Mrs. Jones has had a severe stroke and presents with neglect of the left side, flaccid left arm and leg. She tries to pull herself over to her right side when asked to roll to the left. How would you transfer her?

- a. Mechanical lift
- b. two-person transfer

## TRUE/FALSE Questions

(CIRCLE the correct letter)

- T F** 1. A stroke survivor may not be aware of their deficits.
- T F** 2. A stroke survivor's ability to transfer can change throughout the day due to fatigue.
- T F** 3. The hemiplegic shoulder sling goes under the affected arm and over the opposite shoulder.
- T F** 4. It is good practice to ask the stroke survivor to assist in moving or supporting the affected arm during ADLs.
- T F** 5. The stroke survivor should never lie on the affected side.
- T F** 6. Early mobilization is important for skin, circulation and recovery, once the stroke survivor is medically stable.

**SCORE:** \_\_\_\_\_ / **21**

Stroke Unit/Medical Unit Nurse Clinician/Designate

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SIGNATURE