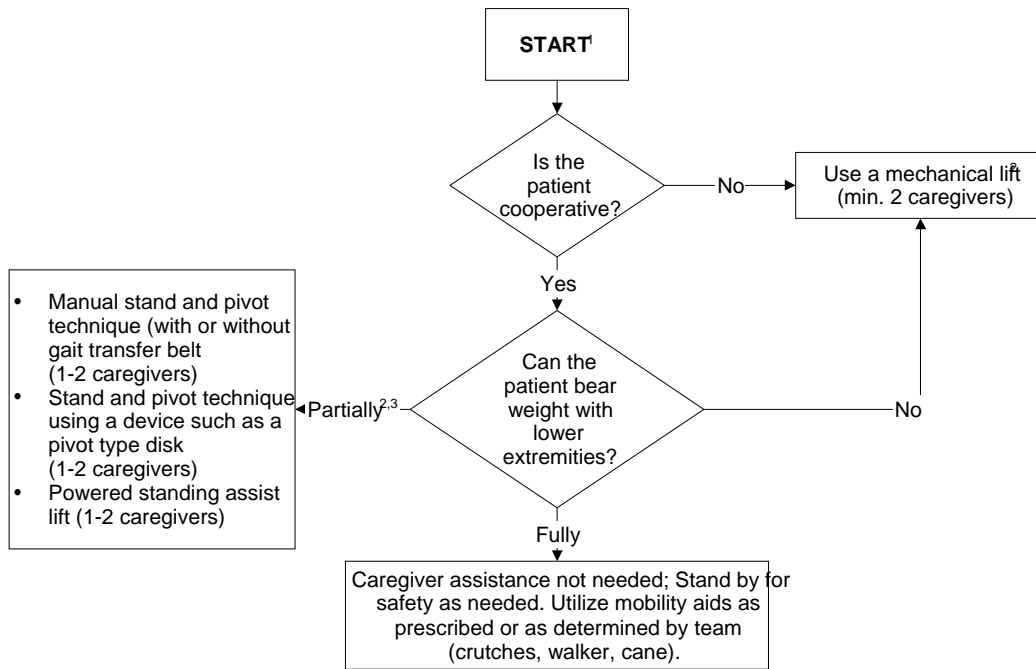


## Orthopaedic Algorithm #3: Vertical Transfer of Patient with an Extremity Cast/Splint



### FOOTNOTES:

1. Moving from supine head of bed elevated to sitting at edge of bed requires a patient's ability to shift their seated weight in a sitting position:
  - a. When assistance is not required, this is typically accomplished by unweighting one buttock and moving it toward the edge of the bed; repeating this in alternating fashion, until patient is sitting at the edge of the bed.
  - b. With an impaired upper or lower extremity:
    - if the amount of assistance from caregiver does not exceed 35 lbs., caregiver may provide limb support while patient moves unassisted to side of bed (see a. above)
    - if the amount of assistance from caregiver may exceed 35 lbs., then a limb support strap/sling with a mechanical lift will provide limb support while patient moves unassisted to side of bed (see 1a. above)
  - c. If patient is unable to accomplish a. and/or b. then utilize one of the following options:
    - mechanical lift device with a seated sling to lift patient to side of bed
    - friction-reducing device to assist staff in pulling patient to side of bed.
  - d. Friction-reducing devices and seated discs may be useful when the amount of caregiver assistance is close to recommended limits, but be aware of skin shearing risks. Shearing is caused when there are two forces moving in opposite directions adjacent to each other (like scissors).
2. Select sling to meet and maintain the patient's pre-op or post-op positioning guideline/precautions for the affected limb/body part(s). For more information on sling selection, see Appendix A.
3. Patient can bear weight on one leg only (e.g., weight bearing on unaffected limb or limited weight bearing on affected limb).

### GENERAL NOTES:

- Need to test the fit of the sling with an immobilized extremity.
- Maintain affected extremity immobilization/alignment.
- Use lift device with limb sling if applicable.
- During any patient handling task, if the caregiver is required to lift more than 35 lbs. (16 kg.) of a patient's weight, then the patient should be considered fully dependent and an assistive device should be used. (Waters, T. [2007]. When is it safe to manually lift a patient? *American Journal of Nursing* 107(8), 53-59).