

## HLT33115 Assessment Answers Certificate III in Health Services Assistance Sample-1

To ensure safe and effective patient mobility support, Sarah should follow the following key steps:

- **Assessment:** Sarah should assess the patient's mobility needs, considering factors such as their physical abilities, weight-bearing status, and any specific instructions from healthcare professionals. This assessment helps determine the appropriate level of assistance required.
- **Communication:** Sarah should effectively communicate with the patient, explaining the plan of action and seeking their cooperation. Clear and respectful communication builds trust and promotes patient involvement in the mobility process.
- **Body Mechanics:** Sarah should maintain proper body mechanics to prevent injuries and strain. She should use her legs, not her back, when lifting or assisting the patient. Utilizing assistive devices like transfer belts and sliding sheets can also help distribute the weight and reduce the risk of injury.
- **Transfer Techniques:** Sarah should utilize appropriate transfer techniques based on the patient's mobility level. This may include techniques such as stand-pivot transfers, slide board transfers, or hoist transfers, depending on the patient's abilities and safety requirements.
- **Personal Hygiene:** Sarah should ensure the patient's privacy and dignity while assisting with toileting. She should follow infection control protocols, such as proper hand hygiene and glove usage, and maintain a clean and safe environment.
- **Ambulation:** When assisting the patient with walking or ambulation, Sarah should provide appropriate support, such as utilizing gait belts or providing a stable arm for balance. She should closely monitor the patient's safety, pace, and any signs of discomfort or fatigue.
- **Documentation:** Sarah should accurately document the mobility assistance provided, including the patient's response, any difficulties or concerns encountered, and any changes in the patient's mobility status. Documentation ensures continuity of care and facilitates effective communication among healthcare professionals.

By following these key steps, Sarah can ensure safe and effective patient mobility support, promoting the patient's well-being and facilitating their rehabilitation process.