

- **Assist a Client to Walk –**

https://www.youtube.com/watch?v=rucERO7O_wM



transfer belt

<https://youtu.be>

<https://www.yo>



- ለHCA የክህሎት ሙከራ፤ ደንበኛው ለመራመድ መደገፊያ ድጋፍ ይፈልጋል።

- ምንም ድጋፍ ሰጪ መሳሪያ/አጋዥ መሳሪያ መጠቀም አያስፈልግም።

- እንክብካቤው በሚጀመርበት ወቅት ደንበኛው ወንበር ላይ ተቀምጦታል።



ደንበኛ ለመራመድ መርዳት - ይህን ክህሎት በተሳካ ሁኔታ ለማሳየት የሚከተሉት ያስፈልጋሉ፡

- የ S.W.I.P.E.S.(supplies, wash hangs, Identify yourself, privacy, scan the area) የግንኙነቶች / የደንበኞች መብቶች እና የተለመዱ የእንክብካቤ ልምዶች ይጠቀሙ
 - ተስማሚ መሳሪያዎችን ያስባስቡ (ለመከራ ምንም አጋዥ መሳሪያ የለም)
 - እጅን መታጠብ
 - እራስዎን ይለዩ (Identify yourself)
 - ግላዊነትን ይስጡ (provide privacy)
 - ለታካሚው ሂደቱን ያብራሩ

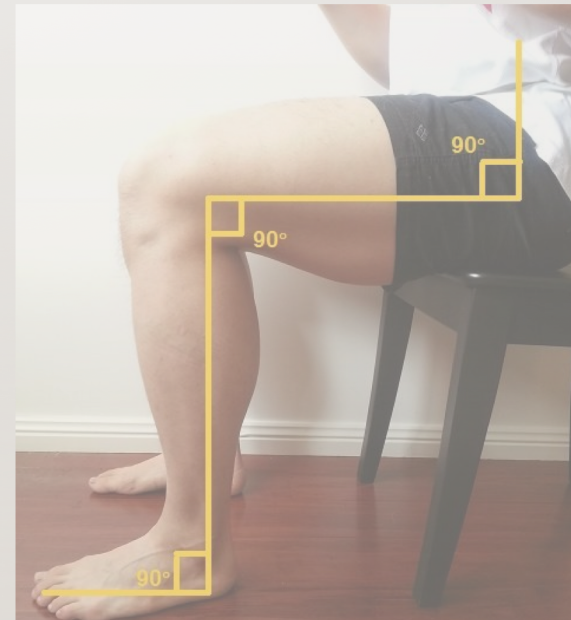
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- ወደ ደንበኛው በመዞር ከፊት ለፊት ይቁሙ

- ደንበኛው የማያንሸራትት ጫማ እንዲያደርጉ እና በትክክል እንዲያስሩ ይረዱ
((የተሽከርካሪ ወንበሩ መቆለፉን ያረጋግጡ፣ የእግር እረፍት መውጣቱን ያረጋግጡ)
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- ደንበኛው መራመድ ከመጀመሩ በፊት የጉዞውን መዳረሻ ያስረዳል(ለምሳሌ ከዚህ ወደ መመገቢያ ጠረጴዛ)

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- የደንበኛውን ጉልበት በ 90 ዲግሪ ማእዘን በማድረግ፣ መርገጫ እግሩን ወለሉ ላይ በማድረግ ደንበኛን ለመቆም ያዘጋጁ



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- ደንበኛው ከመቆሙ በፊት ወንበሩ ላይ እንዳለ ወደፊት እንዲጠጋ ያድርጉ





- በደንበኛ ወገብ ዙሪያ የማሸጋገሪያ ቀበቶ (አስፈላጊ ከሆነ) ያድርጉ፤ ደንበኛውም እንዲቆም ይርዱ።
- ደንበኛው በክንዱ ወንበሩን በመግፋት እንዲቆም ያስተካክሉ
- እጅዎን በደንበኛ ክንድ ላይ፤ ወገብ ላይ ያድርጉ ወይም ደንበኛው በሚቆምበት ጊዜ የማሸጋገሪያውን ቀበቶ ይያዙ

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- ደንበኛው ከቆመ በኋላ ወይም በእግር ሲራመድ ምን እንደሚሰማው ይጠይቁ (ደንበኛው እንዳይዘል መነጋገርዎን ይቀጥሉ)
 - የደንበኛውን ጀርባ በመያዝ ወይም የማሸጋገሪያ ቀበቶ ከተጠቀሙ እሱን አጥብቀው በመያዝ



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- ደህንነት ተጠብቆ ለመቀመጥ እግሮችን በወንበሩ መቀመጫ መሃል ላይ በማድረግ ደንበኛው ከመቀመጡ በፊት ያስተካክሉ
 - ደንበኛው ከመቀመጡ በፊት ወንበሩን እንዲያገኘው ያስተካክሉ



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- ደንበኛው ሲቀመጥ እጅዎን በደንበኛው ክንድ፣ ጀርባ፣ ወገብ ላይ ያኑሩ ወይም ጥቅም ላይ የዋለውን የማሽጋገሪያ ቀበቶ ይያዙ።





- የማሽጋገሪያ ቀበቶን ያስወግዱ።
- የደንበኛው ዳሌዎችን ከወንበሩ ጀርባ ላይ ትክክል በማስቀመጥ ይተውት

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- እጅንደታጠቡ



CREDITS

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 - positioning knees at a 90 degree angle with feet flat on the floor
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