

- ደንበኛ እንዲራመድ መርዳት

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

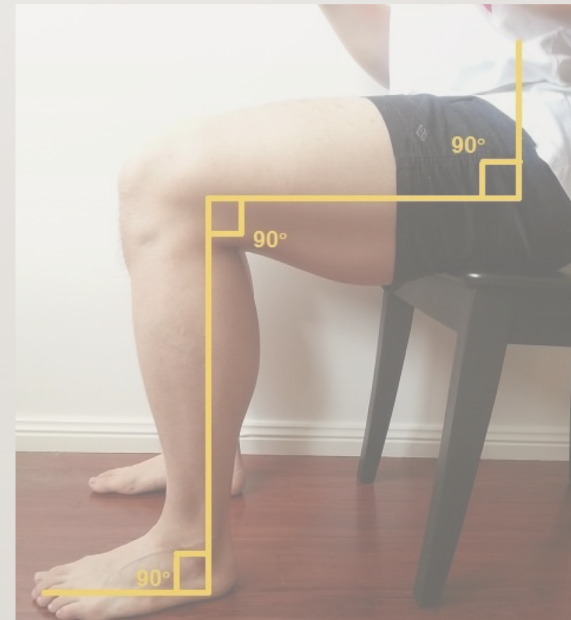
-
- ወደ ደንበኛው በመዞር ከፊት ለፊት ይቁሙ

- ደንበኛው የማያንሸራትት ጫማ እንዲያደርጉ እና በትክክል እንዲያስሩ ይረዱ
((የተሽከርካሪ ወንበሩ መቆለፉን ያረጋግጡ፣ የእግር እረፍት መውጣቱን ያረጋግጡ)
-



-
- ደንበኛው መራመድ ከመጀመሩ በፊት የጉዞውን መዳረሻ ያስረዳል(ለምሳሌ ከዚህ ወደ መመገቢያ ጠረጴዛ)

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



-
- 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

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



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



-
- 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

-
- እጅንደታጠቡ



CREDITS

-
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Fdepositphotos.com%2F221340024%2Fstock-illustration-illustration-disabled-man-sitting-wheelchair.html&psig=AOvVaw3nCs-CPptxxSnW6GM199oR&ust=1695628348736000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCOjB5vzhwoEDFQAAAAAdAAAAABAE>
 - https://www.google.com/imgres?imgurl=https%3A%2F%2Fsiouxcityhomecare.com%2Fwp-content%2Fuploads%2F2020%2F10%2FDressing_Assistance_feature_image.jpg&tbnid=LAXttoDDYJGg6M&vet=12ahUKEwjRnqje4sKBAxVPATQIHxt2Au8QMygKegUIARC3AQ..i&imgrefurl=https%3A%2F%2Fsiouxcityhomecare.com%2Fdressing-assistance%2F&docid=-NTa__Q8uXVuYM&w=2000&h=1004&q=assist%20an%20elderly%20to%20put%20on%20shoe&ved=2ahUKEwjRnqje4sKBAxVPATQIHxt2Au8QMygKegUIARC3AQ
 - positioning knees at a 90 degree angle with feet flat on the floor
 - <https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.wikihow.com%2Fimages%2Fthumb%2F3%2F39%2FUse-a-Wheelchair-Step-18.jpg%2Faid308038-v4-1200px-Use-a-Wheelchair-Step-18.jpg&tbnid=ELEycBPYkRWWhDM&vet=12ahUKEwi2xbOv5MKBAXVjADQIHVJ7CcYQMyg6egUIARDWAQ..i&imgrefurl=https%3A%2F%2Fwww.wikihow.com%2FUse-a-Wheelchair&docid=EbEMC-41U5WhGM&w=1200&h=900&q=lean%20forward%20from%20wheelhair%20to%20stand%20up&ved=2ahUKEwi2xbOv5MKBAXVjADQIHVJ7CcYQMyg6egUIARDWAQ>
 - <https://www.google.com/imgres?imgurl=https%3A%2F%2Fm.media-amazon.com%2Fimages%2FI%2F81UIDGPYEF.jpg&tbnid=c8jzX12cw6EfQM&vet=12ahUKEwi0noHV5cKBAXXNBzQIHUuvD0IQMygAegUIARDcAQ..i&imgrefurl=https%3A%2F%2Fwww.amazon.com%2FLiftAid-Transfer-Walking-Buckle-Therapist%2Fdp%2FB01N1PPH42&docid=zLGijum1xt5CtM&w=2560&h=2560&q=gait%20belt&ved=2ahUKEwi0noHV5cKBAXXNBzQIHUuvD0IQMygAegUIARDcAQ>

-
- https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.unmc.edu%2Fpatient-safety%2F_documents%2Fsafe-transfers-mobility-handout.pdf&psig=AOvVawI_wseD4NW6N2XhtLg2sSTZ&ust=1695629484273000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCMDKoZrmwoEDFQAAAAAdAAAAABAM
 - https://encrypted-tbn0.gstatic.com/images?q=tbn:AND9GcQA3qBmQkUhF7AbLDhWFF7n3DpR8BQSc7tz6ZKj4smLVN6tEfpI12F_oqQ0GTQc73vvYdl&usqp=CAU
 - https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.mountnittany.org%2Fwellness-article%2Fmoving-patients-from-bed-to-wheelchair-staff-ed&psig=AOvVaw3MeQg_ULltgqCngPHJ9VWjS&ust=1695631050526000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCODMioXswoEDFQAAAAAdAAAAABAE
 - https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.saintlukeskc.org%2Fhealth-library%2Ftransfer-bed-wheelchair&psig=AOvVaw3MeQg_ULltgqCngPHJ9VWjS&ust=1695631050526000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCODMioXswoEDFQAAAAAdAAAAABAJ
 - https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.performancehealth.com%2Farticles%2Fcommon-wheelchair-seating-and-positioning-problems-and-how-to-fix-them&psig=AOvVaw0-rv_Tf0Gsmr2bXle-lfij&ust=1695631605779000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCNCz9Y3uwoEDFQAAAAAdAAAAABA_
 - https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.nationaljewish.org%2FNJH%2Fmedia%2Fimg%2Fstock%2FHW-l.jpg%3Fext%3D.jpg&tbnid=zP1uVW6aLC_UO2M&vet=12ahUKEwiq8fqf78KBAXNBzQIHUyuvD0IQMygLegUIARCKAQ..i&imgrefurl=https%3A%2F%2Fwww.nationaljewish.org%2Fpatients-visitors%2Fpatient-info%2Fimportant-updates%2Fcoronavirus-information-and-resources%2Fhealth-tips%2Fprevention-tips%2Fstop-germs-wash-your-hands&docid=yp2xY8pwgDcwuM&w=888&h=507&q=wash%20hands&ved=2ahUKEwiq8fqf78KBAXNBzQIHUyuvD0IQMygLegUIARCKAQ