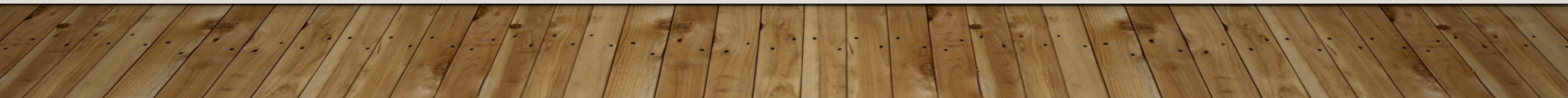


ደንበኛውን ከአልጋ ወደ ወንበር ወይም ወደ ተሽከርካሪ ወንበር ማዞር





-
- ለ HCA ከህሎት ሙከራ እንክብካቤ ደንብኛው በአልጋ ላይ ተኝቶ ይጀምራል።
 - ደንብኛው መቆም ይቻላል ነገር ግን መራመድ አይቻልም።
 - የማሸጋገሪያ ቀበቶ በጥቅም ላይ ውሏል።



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 ያሰባስቡ (ለሙከራ ምንም አጋዥ መሳሪያ የለም)
- እጅን መታጠብ
- እራስዎን ይለዩ (Identify yourself)
- ግልዊነትን ይስጡ (provide privacy)
- ለታካሚው ሂደቱን ያብራሩ



- የተሸከርካሪ ወንበር እጅታው ከአልጋው ጋር እስኪገናኙ ድረስ ወንበሩን ወይም ተሸከርካሪ ወንበሩን ማስጠጋት
- ተሸከርካሪ ወንበር ላይ ኃማውን መቆለፍ



- የእግር መርገጫዎቹን
ማጠፍ ወይም ማስወገድ



- ደንበኛው ወደ አልጋው ጎን እንዲንከባለል ይረዱ

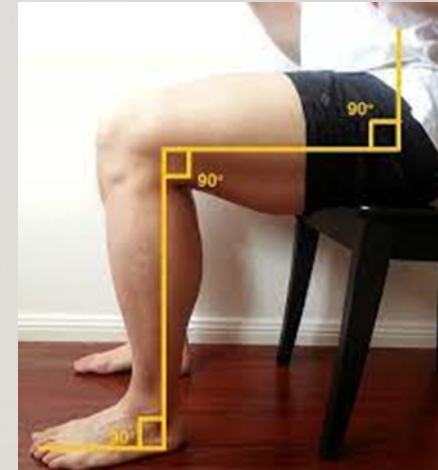
- የደንበኛውን የኋላ ትከሻ ወይም ጀርባ እና ዳሌ በመያዝ ደንበኛው እንዲቀመጥ ድጋፍ ይስጡት



ደንበኛን የማያንሸራተት ጫማዎችን እንዲያደርግ ይርዱ



ደንበኛው ከመቆሙ በፊት እግሩ
በወለሉ ላይ መቆሙን ያረጋግጡ





በማሸጋገሪያ ቀበቶ እና በደንበኛው ሰውነት
መካከል የተዘረጋ የእጅ ክፍተት ያህል በመተው-
በደንበኛ ወገብ ዙሪያ፣ ከልብስ በላይ
የማሸጋገሪያ ቀበቶውና ማድረግ (አስፈላጊ ከሆነ



በደንበኛው ፊት ይቁሙ

ደንበኛው እንዲቆም እና በአጠቃላይ ሲተላለፍ ሲረዱ በጎን በኩል ወይም ከኋላ ጀርባ የማሸጋገሪያ ቀበቶን ይያዙ



አንድ ወይም ሁለቱን የደንበኛ እግሮች በአራስዎ እግሮች
ይደግፉ ፣ ከዚያ ደንበኛው እንዲቆም ያስተካክሉ

የእግሮች ጀርባ በተሸከርካሪ ወንበር መቀመጫ
መሀል ላይ እንዲሆን ደንበኛውን በቆመበት ያዙሩት



ደንበኛው በተሸከርካሪ
ወንበር ላይ ከመቀመጡ
በፊት እጁታውን እንዲያዝ
ያስተካክላል ወንበር
ላይ በጥንቃቄ እና
በቀስታ ዝቅ ያድርጉ



የደንበኛው ዳሌዎች የተሸከርከሪ ወንበርን ጀርባ
እንዲነካ በማድረግ ደንበኛውን ያስተካክሉ እንዲሁም
የደንበኛው አካል ከወንበር ጋር መጣጣሙን ያረጋግጡ



የቀበቶ ማውላቅ

~~የሮማ መርገጫዎች ላይ ያሉት በደንበኛ ምርጫ እና / ወይም ደህንነት የተሸከረከሪ ወንበርን መቆለፍ / አለመቆለፍ~~

ደንበኛውን በተሸከረከሪ ወንበር ላይ በተገቢው የሰውነት አሰላለፍ እና አግሩን በአግር ማረፊያ ላይ በማስቀመጥ ይተዉት



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