

PERFORMANCE CHECKLIST

Assisting to Dangle, Stand and Walk

Name _____

To be completed by instructor during observation of 100%, unassisted mastery of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.

Equipment: Footwear, brace, prosthesis, cane, walker, crutches, gait belt as needed.

- ___ 1. Receive directions from supervisor.
- ___ 2. Knock before entering.
- ___ 3. Greet and identify resident.
- ___ 4. State your name and title.
- ___ 6. Explain procedure and obtain permission.
- ___ 7. Wash hands and assemble equipment.
- ___ 8. Provide privacy.
- ___ 9. Raise head of bed and allow resident to remain in a sitting position for several minutes.
- ___ 10. Put on footwear and assist to side of bed.
- ___ 11. Support neck and shoulder with one arm, while using other hand to move legs over edge of mattress.
- ___ 12. Observe for signs of weakness.
- ___ 13. Allow to dangle for several minutes or until resident states he/she is ready to stand.
- ___ 14. Apply brace or prosthesis and/or place ambulation aids within resident's reach, if needed.
- ___ 15. Apply gait belt, if needed and assist to stand.
 - ___ a. ask to put hands on your shoulders.
 - ___ b. place your hands under the resident's arms with hands under the shoulder blades or use gait belt.
 - ___ c. block feet with your feet and brace your knees against knees.
 - ___ d. use good body mechanics to assist to standing position on count of "3".
- ___ 16. Assist to stand for several minutes prior to walking.
- ___ 17. Walk beside resident, while grasping gait belt to provide support.
- ___ 18. Ambulate as ordered, observing signs for discomfort or weakness.
- ___ 19. Return to room and provide for comfort with call signal in reach.
- ___ 20. Wash hands.
- ___ 21. Record actions and report any abnormal observations to supervisor.

Pass _____ Instructor's Signature _____ Date _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. Revised 2005