

## PERFORMANCE CHECKLIST

### Moving Up in Bed Using Turning Sheet

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:** Turning sheet (drawsheet or full flat sheet folded in half)

- \_\_\_\_\_ 1. Request help from co-worker.
- \_\_\_\_\_ 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 provide privacy.
- \_\_\_\_\_ 9. With co-worker at one side of bed, provide for resident safety and then raise bed to best level for body mechanics. Check that wheels are locked.
- \_\_\_\_\_ 10. Lower bed to flat position.
- \_\_\_\_\_ 11. Place pillow against headboard.

#### **Without Turning Sheet**

- \_\_\_ Person on either side of bed places one arm under shoulder and one arm under thigh.
- \_\_\_ Ask to help, if able, by flexing both knees, placing feet on bed and grasping headboard with hands.
- \_\_\_ Explain that on count of "3", resident should pull up with hands and push against bed with feet, as you and co-worker move resident up. This may take more than one attempt.

#### **With Turning sheet**

- \_\_\_ Position turning sheet under resident, if not already in place.
- \_\_\_ Roll sides of turning sheet up close to resident and grasps sheet firmly at shoulder and buttocks.
- \_\_\_ Move up in bed on count of "3". Buttocks must clear mattress to avoid shearing.
- \_\_\_\_\_ 12. Place pillow under head.
- \_\_\_\_\_ 13. Provide for resident safety and lower bed.
- \_\_\_\_\_ 14. Provide for comfort with call signal in reach.
- \_\_\_\_\_ 15. Wash hands.
- \_\_\_\_\_ 16. 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. 2005***