

Bed Transfers



Rolling in bed

- Patient turns head in direction of movement.
- Cross patient's ankles in direction of movement.
- Cross patient's arms across his chest.



- If patient is more mobile, ask patient to bend knee so that opposite foot is flat on the bed.
- Encourage patient to push through his foot to facilitate the roll.



Lying to sitting

- Bend patient's knees slightly, so they are just over edge of the bed.
- Patient pushes through hand and drops ankles/feet over the edge of the bed.

The carer can facilitate the patient to sit by pushing down over the patient's pelvis.

