

LEARNING ACTIVITY

Mobilising a patient (answers)

Before you watch the film clip

In this film clip Gretel, the student nurse, is helping Sue, the patient, to get to the shower. Sue has recently had spinal surgery and Gretel uses a commode chair to help move her to the shower.

Nursing Communication

1. Gretel, (student nurse) met the patient earlier this morning. How do you think she should introduce herself now?
 - Gretel could remind the patient of who she is by saying something like 'hello again Sue, you'll remember from earlier this morning my name is Gretel'.
2. What do you think Gretel might say before she moves Sue to the commode chair?
 - Ask the patient for permission, explain the procedure and check if she has any concerns.
3. What do you think Gretel might say while she is moving Sue to the commode chair?
 - Check how the patient is feeling, give directions, give feedback and encouragement.

Nursing Behaviour

4. In order to make sure that Sue gets to the shower safely, what are some of the things Gretel should do?
 - Organise toiletries/equipment, remove obstacles/hazards, check shower available, lower the bed, apply brakes on bed and chair, provide shoes/slippers, use safe body mechanics.
5. What do you think Gretel might do to help?
 - Maintain a positive interpersonal relationship with Sue.
 - Maintain Sue's dignity.
 - Use friendly tone of voice, check how the patient is feeling, explain the procedure, ask permission, ask patient their preferences, provide privacy –draw curtains, provide dressing gown, encourage patient to be as independent as is possible.

Watch the film clip

6. Watch the film clip and check your answers above. Add to your answers anything that Gretel does that you did not think of.

7. How do you think Sue is feeling:
 - a. Before she moved?
 - a bit apprehensive, worried about pain and discomfort
 - b. When she is in the commode chair?
 - relieved, maybe a bit uncomfortable
8. Write down some words to describe Gretel's nursing behaviour.
 - calm, organised, confident, friendly, approachable, encouraging, respectful

Nursing Communication

Giving explanations

Gretel uses two stages of explanation to the patient.

Explaining what she is going to do BEFORE she begins to move the patient

This explanation helps make the patient feel comfortable because the patient knows what is going to happen.

Gretel says:

I'll just explain to you what we'll be doing. I'll sit you up into the bed and then I'll lower the bed down so that you can get comfortably out of it and if at any time you experience any discomfort or pain, just stop and you can take a break or, um, we can just take it from there, alright.

Explaining what she is doing when she is about to do it (or while she is doing it)

Gretel gives an explanation at each stage of moving Sue, for example:

*Just winding you up a little bit, there we go
And I'll just lower the bed down for you. How are you going there?*

9. What tense does Gretel mainly use when giving explanations?
 - Future tense and present continuous tense and some present tense
10. Which word does she often use to make Sue feel that she is being asked to do something that is not too difficult?
 - 'just'

Giving feedback to the patient

Gretel lets Sue know that she is moving correctly by giving her feedback such as:

- Okay
- That's good

11. What are some of the other words Gretel uses to give feedback?

- 'Ok fantastic' 'there you go, good' 'good on you'

Checking the patient is comfortable

As well as watching Sue all the time, Gretel checks that Sue is comfortable while she is moving her.

12. What are some of the questions Gretel asks to check that Sue is comfortable?

- 'Now I'll just lower the bed down for you. How are you going there?'
- 'I'll just put the footrest down... Are you comfortable there, Sue?'

Giving instructions

To make instructions seem softer (and make you seem like a friendly nurse) listen to Gretel giving instructions

Instruction	Gretel's instruction
Get up and swivel around	If you just then want to slowly get up and then just swivel around
Reach behind you	And just reach behind you there

13. Which words and grammatical structures make the instructions softer?

- The word 'just'
- Phrase 'if you just then want to