PROCEDURE

TRANSFERRING THE PATIENT INTO AND OUT OF THE BATHTUB

1. Carry out initial procedure actions.
2. Assemble equipment:
   - Towels and washcloths
   - Soap
   - Hand-held shower if available
   - Tub chair
   - Slip-proof bath mats for floor and tub
   - Disposable gloves if necessary
   - Sturdy straight chair if necessary

   **Note:** If patient’s wheelchair has a removable arm or side, remove it and place the wheelchair at the foot of the tub, facing the faucets.

3. Place a sturdy chair beside the tub, facing the faucets, if wheelchair arm is not removable. (Use this in place of a wheelchair.)

4. Have the patient transfer from the wheelchair to the chair and then into the tub and onto the tub chair. Make sure the tub chair is even with the other chair.

5. Once the patient is seated in the chair beside the tub, instruct the patient to place the leg closest to the tub into the tub. If this is the weaker leg, the strong arm can be used to lift the leg over the side of the tub (Figure A).

6. Tell the patient to use the strongest arm to reach for the wall rail. Sliding across onto the tub chair, have the patient bring the other leg over the side of the tub (Figure B).

   **Note:** For this procedure, it is safer to have the weaker side toward the tub, if possible; that way the strong arm can be brought around to the wall rail.

   **continues**
7. Proceed with the bath, giving assistance as needed or allowing the patient privacy to complete the bath, if possible. Stay within hearing distance.

8. When the patient is ready to get out of the tub, the strong side will be next to the outer chair. This allows the patient to get the strong leg out of the tub and to use the strong arm to move herself onto the chair. She then uses the strong arm to move her weaker leg out of the tub.

9. Assist the patient to dry and dress if necessary.

10. Carry out ending procedure actions.

11. Disinfect tub and tub chair.

FIGURE B The patient pulls on the grab bar and brings the stronger leg over the side of the tub.

**PROCEDURE CONTINUED**

**PROCEDURE**

**TRANSFERRING THE PATIENT INTO AND OUT OF A CAR**

1. Carry out initial procedure actions.

2. Assemble equipment:
   - Car
   - Wheelchair
   - Transfer belt

3. Place the wheelchair at a 45° angle to the car, with the large part of the small front wheels facing forward and brakes set. Put transfer belt on the patient if necessary (Figure A). Have the patient come to a standing position in the usual manner.

4. If transferring to the stronger side, the dashboard and car door can be used for support (Figure B). If moving toward the weaker side, instruct the patient to use the strong arm and the door with the window open for support.

FIGURE A Apply the gait belt and prepare to assist the patient to a standing position.

continues
Another person should hold the door for stability.

5. Tell the patient to pivot or step around so the side of the car seat is touching the back of the legs. After he sits down, have the patient raise one leg at a time into the car to face forward (Figure C). Assist with the seat belt.

6. To get the patient out of the car, reverse the procedure. Car seats are usually lower than other sitting surfaces and the patient may need help in getting to a standing position.

7. Carry out ending procedure actions.
# EXPLORING THE WEB

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