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SOPMAS©

Structure of the Observed Patient Movement Assistance Skills

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	INTERACTION	PATIENT'S MOVEMENTS	WORKING POSTURE and MOVEMENTS OF NURSE	ENVIRONMENT and HELPING DEVICES
V	<ul style="list-style-type: none"> - Verbal interaction encourages patient's own resources. -Patient is activated to move by stroking muscles and moving limbs, if necessary. - Needed time and space to move is given to the patient. - Patient's remaining movement and function is used, and assistance is given only as much patient needs. - Action happens in good co-operation with the patient. 	<ul style="list-style-type: none"> - Nurse guides patient from the stable body parts, leaves joints and waist untouched - Patient's weight moves via bones to several surfaces outside of his body. - Patient's movement is 3-dimensional or the weight moves from upper body parts to the lower and from side to side. -Patient takes part actively in moving in the limit of his own capacity. -The patient controls the transfer. 	<ul style="list-style-type: none"> -Nurse uses her whole body not only her arms. -Nurse's weight stays on her bones in the transfer. -She moves along with the patient and movements are dynamic and harmonic. 	<ul style="list-style-type: none"> Nurse uses of space optimally considering the patient and herself: <ul style="list-style-type: none"> -corrects the bed height -places the chair appropriately -creates space herself if needed -Transferring aids are used correctly and creatively. -Patient's clothing is appropriate
IV	<ul style="list-style-type: none"> -Patient is activated to move only verbally. The nurse's touch is good. -Needed time is given to the patient, but space is not considered. - Patient's remaining movement and function is used, but assistance is given more than needed. 	<ul style="list-style-type: none"> - Nurse guides patient from the stable body parts, leaves joints and waist untouched. - Patient supports to several surfaces, but his weight doesn't move always via bones to the surface. - Patient's movement is 3-dimensional. 	<ul style="list-style-type: none"> - Nurse uses her whole body not only her arms and her weight stays on her bones in the transfer - Movements are not harmonic and dynamic. 	<ul style="list-style-type: none"> -Transferring aids are used correctly, but not creatively. -The rest like level V
III	<ul style="list-style-type: none"> -Nurse tries to utilise patient's remaining movement and function but patient is not fully coming along. -Touch of nurse is not stimulating. - Transfer takes place still on the nurse's condition = manipulation, even otherwise technically correct. 	<ul style="list-style-type: none"> -Patient can partly carry his weight on his bones e.g. standing on his feet. -Nurse supports patient partly between masses, so patient must also carry some weight with his muscles. 	<ul style="list-style-type: none"> -Nurse moves and generates the force with her legs during transfer. - Nurse lifts partly 	<ul style="list-style-type: none"> -Nurse corrects the bed height, considers needed space and patient's clothing. -The wheelchair's position is correct -Transferring aids are not used correctly
II	<ul style="list-style-type: none"> -Nurse tries to utilise patient's remaining movement and function, but she doesn't succeed and she does transfer on the behalf of patient at the end. -Transfer takes place on the nurse's condition. 	<ul style="list-style-type: none"> -Legs or other parts of the body support to surface, but weight moves only partly to the surface, because nurse grips between masses. -The direction of movement is wrong. 	<ul style="list-style-type: none"> - Nurse lifts with her back and arm muscles. -She makes only partly weight transfer -She uses quite a lot force 	<ul style="list-style-type: none"> -The bed height is corrected. -Nurse creates enough space herself -Patient's clothing is considered. -A transferring aid is not used thou it would be helpful.
I	<ul style="list-style-type: none"> -No time and space is given to patient -Patient's remaining resources as senses and ability to move are not used. -Everything is done behalf of the patient Touch of nurse doesn't facilitate -Nurse and patient don't know what is exactly happening. 	<ul style="list-style-type: none"> - Nurse grips to the spaces between masses as armholes, neck or waist. - Patient is passive and his/her weight is lifted, not supported to surfaces. 	<ul style="list-style-type: none"> - Nurse lifts with arm and shoulder muscles and no weight transfer -Her back is bent and she uses a lot force -A static lift 	<ul style="list-style-type: none"> -Nurse doesn't create enough space -Patient's clothing is not appropriate -The bed height is not correct -The wheelchair is not at right place -A transferring aid is not used thou it would be needed.