



Assist Patient from Supine to Sit - One Caregiver



Complete the on bed mobilization challenge ensuring the patient is able to assist.



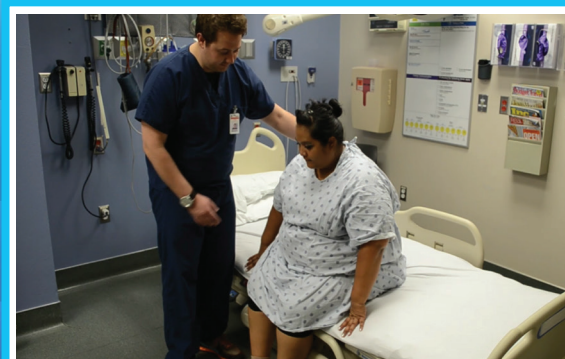
Instruct/assist patient to roll onto side toward the edge of the bed while bending knees and extending feet toward edge of mattress.



With patient on her side, adjust the bed to its lowest height to ensure patient safety.



Use bed controls to raise the head of the bed. Instruct patient to push off mattress with elbow until seated upright.



Cue/guide patient to scoot forward on the mattress surface until her feet are securely resting on floor.



Allow time for the patient to sit on the side of the bed unsupported for approximately five seconds before continuing.

