

Moving and handling

by Marie McCullagh & Ros Wright

NURSING LESSONS TRANSCRIPT

Mr Brown is 67 and very overweight. He was admitted two days ago suffering from severe abdominal pain. The cause of the pain has not yet been diagnosed and further tests are required. Nurse Dawson and her colleague Nurse Kelley have arrived with a trolley to take Mr Brown to the X-ray Department.

Transcript

- Nurse:** Mr Brown, I'm Nurse Dawson. How are you feeling?
- Mr Brown:** A little better thank you. The new pain killers seem to be working better. The pain's not bothering me as much now.
- Nurse:** That's good. And how did you sleep?
- Mr Brown:** Well, the first night I didn't sleep a wink. But I had quite a good night's sleep last night.
- Nurse:** I'm glad to hear that. Now, Mr Brown, Nurse Kelley and I need to take you for an endoscopy. I think your consultant explained it to you yesterday. It's a procedure using a camera on a long flexible tube that'll take pictures of your stomach so we can see what's causing the pain.
- Mr Brown:** Right. Does it need to be done right now?
- Nurse 1:** Yes. I'm sure you want to find out the cause of the pain as quickly as possible?
- Mr Brown:** Oh yes.
- Nurse 1:** And to get you there we need to move you onto this trolley. Is that okay?
- Mr Brown:** Oh. It won't hurt, will it?
- Nurse 1:** No. Not at all. We just need to get you from the bed onto here.
- Mr Brown:** Okay.
- Nurse 2:** Don't mind me; I'm just making sure the bed is at the right height for the trolley.
- Nurse 1:** But we will need you to help us.
- Mr Brown:** What do you want me to do?
- Nurse 1:** Well, the first thing we need you to do is to try to relax. Do you think you can do that?
- Mr Brown:** I can try. I'm a bit on edge, that's all, my dear.
- Nurse 1:** Why's that?
- Mr Brown:** Well I'm worried about the test and I'm afraid it'll hurt more when you lift me.
- Nurse 1:** Don't worry Mr Brown. We will be using a slide sheet so we won't have to lift you at all. You can stay in the same position while we slide you sideways onto the trolley. Does that make you feel better?



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Mr Brown:	Yes.
Nurse 1:	That's good. So, the first thing we need to do is to make sure that all the bedding is loose. I'm going to check this side and Nurse Kelley will take the other side. Can you move your feet and arms freely Mr Brown?
Mr Brown:	Yes.
Nurse 1:	Good, now we're going to need you to raise your shoulders so we can get the slide sheet underneath you. I'm going to hold it at this side and Nurse Kelley will hold the other side. <u>On the count of three</u> I want you to lift your shoulders. Is that okay?
Mr Brown:	Yeah.
Nurse 1:	One, Two, Three – lift.
Mr Brown:	Is that high enough?
Nurse:	That's fine. Have you got it Nurse Kelley?
Nurse 2:	Yes, I've got it.
Nurse 1:	Excellent. You can let your shoulders back down now Mr Brown. Okay, now we need to unfold the next part under your back. Can you raise that a little for us please? On the count of three. One, two, three.
Mr Brown:	Is that okay?
Nurse 1:	That's great. Now your hips. One, two, three. That's excellent. Now your feet. We're almost finished. One, two three. Great. We're ready to start moving you now. Are you comfortable?
Mr Brown:	Yes. I'm fine.
Nurse 1:	That's great. On my count Nurse Kelley, if we can lift Mr Brown onto the trolley – one, two, three. That's it. You okay?
Nurse 2:	No problem.
Nurse 1:	Mr Brown, how are you? You're not in any pain at all?
Mr Brown:	No, no. I'm alright love; I just need to get comfy again.
Nurse 2:	You did well, Mr Brown, well done. I'm just going to take you down to X-ray, it's not far.

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A Professional usage

- Before you listen to the dialogue, think about the stages involved when moving or lifting a patient.
- Read the stages below and put them in the correct order.
 - ___ Adjusts height of bed
 - ___ Checks if the patient is feeling comfortable after the move
 - ___ Checks that the bedding is loose
 - ___ Encourages the patient
 - ___ Explains how the patient will be moved
 - ___ Explains the purpose of the move
 - ___ Reassures the patient
- Now listen to the dialogue and answer the following questions:
 - How is the patient feeling when the two nurses arrive?
 - Why do the nurses need to move the patient?
 - Which pieces of equipment do they need to move Mrs Brown?
- Now listen to the dialogue again and check that you have put the stages in the correct order.

B Colloquial language

- Each of the phrases below has been underlined in the dialogue. Look at the phrase in context and write down what you think the expression means.
 - The pain's not bothering me as much now* _____
 - I didn't sleep a wink* _____
 - right now* _____
 - Don't mind me* _____
 - I'm a bit on edge* _____
 - On the count of three* _____

C Communication focus

- Put the phrases into the table below.

Requests patient's cooperation	Reassures patient	Praises patient	Checks how patient is feeling

That's great.

Are you comfortable?

We're almost finished.

Is that OK?

Excellent.

Don't worry.

Do you think you can do that?

Does that make you feel better?

We will need you to help us.

Good.

Not at all.

- Can you think of another expression for each of the categories?

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D Handover

- In groups of three, role-play two nurses using a standing hoist to move a patient from a bed to a wheelchair.
- You will need to refer to the material you found in your research in Worksheet A to help you decide which instructions you need to give to the patient.
- Use language from the dialogue above where appropriate.

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ANSWER KEY

A Professional usage

2.
 - 1 - Explains the purpose of the move
 - 2 - Reassures the patient
 - 3 - Explains how the patient will be moved
 - 4 - Adjusts height of bed
 - 5 - Checks that the bedding is loose
 - 6 - Encourages the patient
 - 7 - Checks if the patient is feeling comfortable after the move
- 3a. She feels a bit better as the painkillers have helped her to sleep
- b. Because she is going to have an endoscopy
- c. A slide sheet (and a trolley)
4. As in 2

B Colloquial language

1.
 - a. The pain's not bothering me
 - b. I didn't sleep at all
 - c. Immediately
 - d. Don't take any notice of what I'm doing
 - e. I'm feeling a little nervous
 - f. I'm going to count to three

C Communication focus

1.	Requests patient's cooperation	Reassures patient	Praises patient	Checks how patient is feeling
	<i>Is that OK?</i>	<i>Not at all.</i>	<i>Good.</i>	<i>Does that make you feel better?</i>
	<i>We will need you to help us.</i>	<i>Don't worry.</i>	<i>That's great.</i>	<i>Are you comfortable?</i>
	<i>Do you think you can do that?</i>	<i>We're almost finished.</i>	<i>Excellent.</i>	

2. Possible answers:

	Requests patient's cooperation	Reassures patient	Praises patient	Checks how patient is feeling
	<i>Will that be OK?</i>	<i>Relax, everything is going well.</i>	<i>You're doing fine.</i>	<i>Is everything OK?</i>