

## #39 – TEACHING CRUTCHES AND WALKER USE

(Partner Check-Off)

I acknowledge I have physically practiced and successfully learned the following skill(s):

Student: \_\_\_\_\_ Date: \_\_\_\_\_

	P1	P2	P3	Comments
1. Verified the health care provider's orders.				
2. Gathered the necessary equipment and supplies.				
3. Provided for the patient's privacy.				
4. Introduced self to the patient and family.				
5. Identified the patient using two identifiers. Compared these identifiers with the information on the patient's identification bracelet.				
6. Explained the procedure to the patient.				
7. Performed hand hygiene and applied gloves if indicated.				
8. <u>MEASURING PATIENT FOR CRUTCHES</u>				
a. Instructed patient to put on the shoes he or she would be wearing when using the crutches.				
b. Asked patient to lie flat in bed with arms at sides.				
c. Measured the distance from the patient's axilla (armpit) to a point 6-8 inches out from heel.				
d. Adjusted hand bars on the crutches so that the patient's elbows will always be slightly flexed.				
e. Told the patient to stand with the crutches under the arms.				
f. Measured the distance between the patient's axilla and the arm pieces on the crutches.				
g. Demonstrated the appropriate crutch-foot sequence to the patient.				
9. <u>TEACHING SWING THROUGH GAIT</u>				
a. Move both crutches forward				
b. Move both legs forward beyond or even with crutches. Or keep weight on good foot and move other foot forward and then move good foot forward.				
10. <u>TEACHING CRUTCH WALKING FOUR POINT GAIT</u> (pg 730 Med-Surg Text)				
a. Advance left crutch				
b. Advance right foot				
c. Advance right crutch				
d. Advance left foot				
e. Ensured patient can bear partial weight on both legs				

- f. Helped the patient practice the gait.
- g. Assessed the patient's progress and corrects any mistakes as they occur.

Remained with the patient until crutch safety is assured.

11. TEACHING CRUTCH WALKING 3 POINT GAIT (pg 730 Med-Surg Text)

- a. Advance both crutches forward with the affected leg and shift weight to crutches.
- b. Advance unaffected leg and shift weight onto it.
- c. Ensured patient able to bear full weight on one leg, has balance, and upper body strength.
- d. Helped the patient practice the gait.
- e. Assessed the patient's progress and corrects any mistakes as they occur.
- f. Remained with the patient until crutch safety is assured.

12. TEACHING CRUTCH WALKING TWO POINT GAIT (pg 730 Med-Surg Text)

- a. Advance left crutch and right foot
- b. Advance right crutch and left foot
- c. Ensured patient can bear partial weight on both legs and has balance.
- d. Helped the patient practice the gait.
- e. Assessed the patient's progress and corrects any mistakes as they occur.
- f. Remained with the patient until crutch safety is assured.

13. TEACHING TO WALK WITH A WALKER

- a. With patient sitting on side of bed, placed walker directly in front of patient.
- b. Applied gait belt
- c. Instructed patient to push off bed, standing straight up and holding hand grips.
- d. Had patient move walker forward 6-8" by leaning into walker, bending elbows, and moving walker forward.
- e. Instructed patient to step forward with weaker side first into walker
- f. Instructed patient to balance then move other foot forward.
- g. Assessed the patient's progress and corrects any mistakes as they occur.
- h. Remained with the patient until walker safety is assured.

14. Helped the patient back to bed or chair. Provided support to the extremities if needed.

15. Ensured assistive devices are within reach. .

16. Performed hand hygiene

17. Provided comfort measures for the patient and ensured that the call light was within reach. Placed a blanket over the patient's legs, if needed.

18. Monitored the patient's vital signs as needed. Asked if the patient felt dizzy or



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