



Movement and Handling



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Question 1

Prepare Individuals and Environments for Moving and Handling Risk Assessment

For good practice, and in law, the Home has to have a Risk Assessment for Lifting, Moving and that Home, it also covers loads and tasks outside of the client area, i.e. carrying of goods from one area to another. The Risk Assessment takes into account the client and those assisting the client. When the assessment is completed, a Lifting, Moving and Handling plan can be devise

- Risk Assessments are for the client alone
- Risk Assessments are for the carer alone
- Risk Assessments are for the client, carer and any others involved
- Risk Assessments are a paper exercise

Question 2

Prepare Individuals and Environments for Moving and Handling Risk Assessment

Risk factors can change by the second; therefore Risk Assessments must be updated regularly to meet the changing circumstances. Where a carer believes that the Lifting, Moving and Handling criteria has changed, and the plan is no longer appropriate and it is believed to be a health and safety danger to the client or others, then the carer should contact the Person in Charge and / or Trainer. The Person in Charge and / or Trainer will then review the move before attempting that move. Where a manoeuvre is being considered, back up staff should be available to help if an unknown or unseen problem arises.

- If a move appeared a risk, I would seek advise immediately
- Some moving is risky, but it goes with the job
- If a move was a risk, I would ask the client to share the risk
- I would carry out the manoeuvre anyway

Question 3

Prepare Individuals and Environments for Moving and Handling Risk Assessment

The carer should also seek the clients co-operation prior to any move taking place as well as ensuring that the client understands as far as possible what is happening and to be done. This should be done in language that the client can comprehend. The carer should not attempt any move that they are not physically capable of.

- Clients have no say in their ability to be moved
- The amount of support is agreed with all relevant parties before moving
- The client should be self-managing without help from the carer/s
- When it is expedient, we use wheelchairs to move client

Question 4

Prepare Individuals and Environments for Moving and Handling Risk Assessment

The Risk Assessment policy should also refer to the area being a safe place to move and manoeuvre to ensure no hazards are present. All should agree on the timing of the move.

- When I am out of sight, I work in my own way
- There are times when I take risks for the good of the client
- I am very confident about my abilities
- It is very important that I read the plan, then assess and plan a move

Question 5

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- I make sure that I explain what is going to happen and the individuals understand
- I tell the individuals what I am going to do, and then do it
- I do not tell the individual, as it may frighten them
- I usually use the technical phrases, as I am training for a qualification

Question 6

Prepare Individuals and Environments for Moving and Handling Risk Assessment

Included in the Risk Assessment should be the ability of the client to maximise their involvement as to what they can do physically without help and what help if any they need to be moved. Some clients will be fully mobile, some partially and some totally immobile. Any action and / or support given must be in line with the plan of care and the carer's assessment

- When discussing a move with the client, I normally do not worry about objects surrounding a move, it makes it more exciting
- When discussing a move with the client, we agree the area around the move must be made safe before it takes place
- I am only concerned with my side, any one else should look after their own side
- If the client is not bothered, neither am I

Question 7

Prepare Individuals and Environments for Moving and Handling Risk Assessment

The Risk Assessment Policy should include a statement that the client should be informed of any move and explain any manoeuvre or situation that may be relevant to the move

- The Risk Assessment Policy should not include a statement that the client should be informed of any move and explain any manoeuvre or situation that may be relevant to the move
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- The Risk Assessment Policy should include a statement that the client should be informed of any move and explain any manoeuvre or situation that may be irrelevant to the move
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Question 8

Prepare Individuals and Environments for Moving and Handling Risk Assessment

The client can then be manoeuvred to a safe comfortable place or position.

- The client cannot then be manoeuvred to a safe comfortable place or position.
- The client can then be maneuvered to an unsafe uncomfortable place or position.
- The client can then be manoeuvred to a safe comfortable place or position.
- The client can then be shoved to a safe comfortable place or position.

Question 9

Prepare Individuals and Environments for Moving and Handling Risk Assessment

The carer should ensure that any clothing or footwear is appropriate for the task to be applied.

- I normally wear high heels to work
- I normally wear tight clothing to work
- I normally wear high heels and tight clothing to work
- I wear loose clothing and sensible shoes as I may have to move clients safely

Question 10

Prepare Individuals and Environments for Moving and Handling Risk Assessment

Any equipment to be used must be assessed as being 'fit for purpose' prior to use, and in full working order. Any doubts and the equipment must not be used and information about its condition passed on to the Person in Charge.

- Equipment used must be safe and those using it competent
- The hoist has not been checked for safety for two years
- The equipment has not been used for a long time, though I think I know how to use it
- The electrical wiring was loose around the socket

Question 11

Prepare Individuals and Environments for Moving and Handling Risk Assessment

Where a move is planned but the carer is unsure or clear that they cannot manage the move alone, assistance must be requested without delay in order to safely move a client. Under no circumstances must an unsafe move be attempted.

- I like to think I can handle all situations myself
- I call for a kitchen assistant even when it is not needed
- I call for assistance immediately when I need help
- I only call the Person in Charge, as they have authority

Question 12

Prepare Individuals and Environments for Moving and Handling Risk Assessment

INDIVIDUALS

Two out of four are correct

- I tell the client what I am going to do, then get on with it
- I always talk to a client when they are moved, it reassures them
- I do not talk to an unconscious client, it is bad luck
- I always talk to a client when they are moved, even if they are not conscious

Question 13

Prepare Individuals and Environments for Moving and Handling Risk Assessment

MOVING AND HANDLING METHODS

Three out of six are correct

- The client should stay in the same place for as long as possible
- The client should be moved as necessary and only when it is safe to do so

The Hoist is like me, a little rusty at the procedure

The Hoist is serviced annually by a trained technician

I assist the client as much as possible, even if they do not want me to

I support the client to self-manage their mobility

Question 14

Assist Individuals to Move from One Position to Another

In all circumstances, clients should be given the opportunity to involve themselves in the process of any moving activity, subject to physical and / or psychological deficits. It should be remembered that although most clients are conscious, at times there will be unconscious or dying clients who may be able to hear what is happening. Therefore it is better that all clients are involved through verbal and non verbal communication, even if it is felt that they are not aware. Any concerns about a move should be made to the Person in Charge or Trainer. Failure to do so may result in disciplinary action of the carer for putting the client, themselves and others at risk. The carer may also be in breach of Health and Safety legislation.

I support the client to self-manage to the level of their ability

It is much quicker to use a wheelchair

Our policy is to not move or handle clients in any capacity

We tend to over help, as we are concerned for the clients' safety

Question 15

Assist Individuals to Move from One Position to Another

No move or change of position will be carried out without taking into account which move will be most suitable for the individual, in the most appropriate way, either by equipment or manually.

MOVE METHOD

It is important to stress that any Lifting; Moving or Handling should be appropriate to:

- *The Client*
- *The Client's condition (short and/or long term)*
- *The employee/s*
- *The employee/s condition (short and/or long term)*
- *Employee ability and limitations*
- *When more than one employee, all their abilities and limitations*
- *The available equipment*

Where the client's advice is not appropriate for the change or move planned, discussion should take place with an appropriate Person in Charge and / or Trainer as soon as possible to find common ground on the best, safe, appropriate way to change or move. No lift must take place that is unsafe, either for a client or an employee or others in the immediate area or vicinity.

- The most appropriate move is not necessarily the safest one
- Where there is an appropriate move, I discuss it with the client first
- The move may be the most appropriate, but I prefer some of the others
- I tend to carry out the manoeuvre, telling the client what I am doing at the time

Question 16

Assist Individuals to Move from One Position to Another

Where the client's advice is not appropriate for the change or move planned, discussion should take place with an appropriate Person in Charge and / or Trainer as soon as possible to find common ground on the best, safe, appropriate way to change or move. No lift must take place that is unsafe, either for a client or an employee or others in the immediate area or vicinity.

- If the client wishes to be moved in a certain way, as they pay for their care, they can have it
- Clients do not know anything about lifting, moving and handling
- I do not know about lifting, moving and handling
- Where the client wishes a move that is inappropriate, I would refer them to the Person in Charge

Question 17

Assist Individuals to Move from One Position to Another

Moving and handling are not done unless the move is appropriate for both the carer and individual to manage or self manage. Due care should be taken to ensure that both carer and individual are physically well enough before the move takes place. Any equipment must be fit for purpose and the carer must be competent in its use.

REASONS FOR MOVEMENT

- *Transfer from sitting/ lying to wheelchair/ chair*
- *Sit or turn in bed*
- *Moving to make bed when occupied*
- *Transfer from bed to trolley*

METHODS OF CHANGE OF POSITION

- *Bridging*
- *Rolling*
- *Turning*
- *Transfer Board*
- *Hoist*

- *Trapeze*

- *Slings*

Every effort should be made to minimise:

- *Pain*

- *Discomfort*

- *Friction*

Every effort should be made to maximise:

- *Client independence*

- *Self Respect*

- *Privacy and dignity*

I would not move anyone unless it was safe, legal and within the care plan

There are many moving and handling methods, some of which are not safe

The condition of the client has no bearing on the lift

What is appropriate for one client, is appropriate for another

Question 18

Assist Individuals to Move from One Position to Another

Often, because clients know their limitations and disabilities, they can give the best advice about a particular change or move, therefore their advice should be taken into consideration when an appropriate move (either manually or by using equipment) is planned. Moving a client alone or with another carer, the move should be co-ordinated so all are moving at the same time to minimise the danger of injury.

Often moves are so unnecessary

Clients should wear trousers so as not to embarrass themselves

There is no such thing as a dignified move

A holistic approach is needed when moving a client

Question 19

Assist Individuals to Move from One Position to Another

Explain what is going to happen in clear, concise language at a pace and level that they would understand. This will aid the co-ordination of the change or move. It is also important to ask questions to minimise pain and discomfort, as sometimes clients may be reticent to complain.

Communications are a must when organising a move

Communications are best when they are non verbal

Communications are with the helper alone and not the client

Communications are not required to help change positioning

Question 20

Assist Individuals to Move from One Position to Another

The Carer, in all cases should refer to the Care Plan and Lifting, Moving and Handling plan before engaging themselves in an effort to change or move a client. The plan should meet the needs of the client for moving and have an up to date Risk Assessment.

Good communications are essential in both verbal and non verbal form when positioning clients

Good communications are the only way to have a safe manoeuvre

It is possible to move a client when there is no co-ordination

On a bad day I rarely speak to anyone

Question 21

Assist Individuals to Move from One Position to Another

Any change in the clients condition, seen as a result of a change or move should be reported to the Person in Charge immediately, accurately stated and written up in the clients care notes.

The client looked worse, so I thought I'd check on them later

The client looked better, so I smiled at them

Any change in condition should be reported immediately, accurately and completely to the Person in Charge

Changes in condition happen every day, so I note it in the client's records

Question 22

Assist Individuals to Move from One Position to Another

Where furniture and fitments have been moved, they are put back to the original positions unless there are health and Safety reasons for a change in placement. Any equipment associated with, and including the Hoist, should be used correctly, cleaned, maintained and stored as described in the manufacturer's instructions.

I thought the furniture move enhanced the Art Deco look of the Home

Any furniture should be put back in a safe manner following a manoeuvre

Furniture should not be moved prior to a manoeuvre

We only move clients where there is no furniture

Question 23

Assist Individuals to Move from One Position to Another

INDIVIDUALS

Two out of four are correct

I tell the client what I am going to do, then get on with it

I always talk to a client when they are moved, as they can hear and understand what I

am doing, even if they cannot take part

I do not talk to an unconscious client, it is bad luck

I always talk to a client when they are moved, even if they are unconscious

Question 24

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

In all cases, the client should be encouraged to be as self-managing as possible, with a pro-active system of advice and care from the care team to prevent the breakdown of a client's skin and diminish the need for pressure sore care, this can be caused by:

- **Immobility**
- **Rough and / or unsuitable material**
- **Skin condition**
- **Trauma**
- **Dampness**
- **Poor nutrition**
- **Poor circulation**
- **Friction**
- **Weight**
- **Disease**

Clients should be as self managing as possible

Clients should be helped as much as possible

Clients need the physical input of carers

Clients pay for as much care as they can get

Question 25

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

Any change, improvement or deterioration in skin condition that may be related to the above situations should be reported without delay to the Person in Charge. All advice should be at a manner, level and pace that the client can absorb and understand.

Pressure sores happen, they cannot be prevented

Only certain types of people get pressure sores

By analysing the risks, pressure sores can be prevented or minimised

Special kinds of mattresses cause pressure sores

Question 26

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

Clothing should be gently applied, without rigorous activity likely to cause injury. The client should at all times be positioned and supported in such a way that they have maximum comfort and minimum risk of any pressure points. They should also be either able to move themselves periodically or be moved with assistance, by full lift action or by hoist to prevent pressure area risk. At all times, privacy and dignity should be paramount. The end product of this action should leave the client in a comfortable, safe and relevant position for their circumstances.

- Dressing clients is a chore we have to get used to
- Dressing clients should encompass safe and supportive actions maximising their self esteem
- Normally I like to get the dressing over and done with as quickly as possible
- We generally keep clients in pyjamas as it is easier to manage them

Question 27

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

The client should either by self-management or help change position at regular intervals.

- Keeping a client in the same position prevents pressure taking place
- We change the clients' position every eight hours
- Client's position is changed regularly
- Clients are encouraged to stay in bed

Question 28

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

They may need to be advised to do so, or changed by the carer/s. No actions should be taken without reference to the care plan of the client and the up to date Lifting, Moving and Handling plan that each client must have. All employees should be aware of the existence of these plans and where to find the information. Where any changes take place, in accordance with the Person in Charge or Handling Trainer, the Care and Lifting, Moving and Handling plans should be updated and amended.

- I note any change in client's condition in a little blue book
- I'm not very good at signs and symptoms, I leave that to others
- Any change in a client's condition is reported to the chef immediately
- Any change in the client's condition is written up in their care plans as soon as possible and where necessary, the Person in Charge is informed

Question 29

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

Any change, improvement or deterioration in skin condition that may be related to situations should be reported without delay to the Person in Charge.

- I saw a red mark and thought I would look at it later
- I saw the red mark and immediately moved the client to another position and advised the Person in Charge
- I saw the red mark and did nothing about it
- I never move covers in case I see something that I will have to deal with

Question 30

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

Pressure areas must be relieved by repositioning at regular intervals, good wholesome and nutritious diet, good hygiene, proper fluid, intake and output, urine and faeces management and are and creams to the affected regions.

- The position was uncomfortable, the fluid and food intake was good and recorded, the output was observed and recorded and the cream was applied as per care plan
- The position was comfortable, the fluid and food intake was good and not recorded, the output was observed and recorded and the cream was applied as per care plan
- The position was comfortable, the fluid and food intake was good and recorded, the output was observed and recorded and the cream was applied as per care plan
- The position was comfortable, the fluid and food intake was good and recorded, the output was ignored and recorded and the cream was not prescribed applied on the care plan

Question 31

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

All pressure relieving equipment must be used as instructed, and should be cleaned, maintained and stored in accordance with manufacturers instructions.

- All pressure relieving equipment must not be used as instructed, and should be cleaned, maintained and stored in accordance with manufacturers instructions.
- All pressure relieving equipment must be used as instructed, and should be cleaned, maintained and stored in accordance with manufacturers instructions.
- All pressure relieving equipment must be used as instructed, and should not be cleaned, maintained and stored in accordance with manufacturers instructions.
- All pressure relieving equipment must be used as instructed, and should be cleaned,

maintained and not stored in accordance with manufacturers instructions.

Question 32

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

The frequency of any moves should be indicated in the plan. Some thought should also be given to comfort and support aids that may be required, such as specialist mattresses, cushions, beds, padding and any other material likely to benefit the clients comfort and support.

- The frequency of any moves should not be indicated in the plan. Some thought should also be given to comfort and support aids that may be required, such as specialist mattresses, cushions, beds, padding and any other material likely to benefit the clients comfort and support.
- The frequency of any moves should be indicated in the plan. Some thought should also be given to discomfort and poor support aids that may be required, such as specialist mattresses, cushions, beds, padding and any other material likely to benefit the clients comfort and support.
- The frequency of any moves should be ignored in the plan. Some thought should also be given to comfort and support aids that may be required, such as specialist mattresses, cushions, beds, padding and any other material likely to benefit the clients comfort and support.
- The frequency of any moves should be indicated in the plan. Some thought should also be given to comfort and support aids that may be required, such as specialist mattresses, cushions, beds, padding and any other material likely to benefit the clients comfort and support.

Question 33

Assist Individuals to Prevent and Minimise the Adverse Effects of Pressure

ACTIVITIES TO PREVENT AND MINIMISE PRESSURE

Two out of four are correct

- We rarely change the clients' position
- Clients' positions are changed regularly
- We never use specialised equipment
- Specialised equipment is essential to prevent pressure sores with some clients