

<p><b>Step 1 Description</b></p> <p>Patient suffered a stroke, which lead to hemiplegia to his left side of the body. He was wanting to use the toilet instead of his BSC. He was X2 assist but was having difficulty placing weight on his unaffected side. The nurse and the aide were having trouble transferring him from the wheelchair to the commode. I had to help with the transfer by gripping the gait belt from behind.</p>	<p><b>Step 4 Analysis</b></p> <p>I know it is difficult for patients to gain their ability to move extremities after a sudden episode but I noticed that if the patient does not have to desire to help themselves, it will make it more difficult for the nurse and the aids to continue to transfer them to chairs and the restroom. In situations like these, it creates more risk for patient injuries and also increases with patients over health and healing because depression could set in for the patient.</p>
<p><b>Step 2 Feelings</b></p> <p>After hearing from the patient's wife that was present at bedside, the patient was described to have fairly good balance on his unaffected side, and had little difficulty with transfer from bed to chair. However, the patient was not as strong as the day prior and was very heavy to pull up with a X2 assist. I was nervous that he was going to slip out of the wheelchair. Luckily, I felt confident enough that I could step in and hold onto the patient and access the gait belt.</p>	<p><b>Step 5 Conclusion</b></p> <p>The communication was not very clear on how many people were needed for the patient to transfer from the bed to the wheelchair. My nurse was petite and needed help from me to bear the weight of the patient. I think I could have been standing in place of her side, assisting the patient instead since I can handle more weight compared to her structure.</p>
<p><b>Step 3 Evaluation</b></p> <p>I have not had the opportunity to help transfer a stroke patient with hemiplegia, so this was a good hands-on experience for me personally. I have used the gait belt before; however, this patient was different. He did not have the strength to maintain balance and I really had to use the skills that were taught to us to be able to lift him up without hurting my back.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a great learning experience with patient transfers and hemiplegia. Learning the concept in a classroom is completely different than experiencing it with a patient. I know I will be better prepared when handling a patient that can't use their unaffected side well. I listened to the coaching provided from the aide to the patient on how he can better use his unaffected side in order to help himself and not hurt anyone else assisting him.</p>