

安全移位

Safe Displacement

列印日期： 年 月 日

單位：

05-2756000 分機：

目的： Purpose:

為增進被看護人之身心健康，故『安全的行動』是非常重要的，除了被看護人需要安全的移動，看護工作者也需要留意自己的身體安全，移位中是最常發生因為看護工作者的姿勢不良導致自己受傷，被看護人受傷、摔傷的機率也會增加。如何安全移位，以下有簡易操作步驟和注意須知。

In order to enhance physical and mental health of the patient, “safety action” is very important. Not only that the patient requires safe displacement, the caregivers also need to watch out for their own physical safety. The most often injury of a caregiver occurs when the caregiver is performing displacement of the patient due to bad posture. The chance of causing the patient to have an injury or fall also will be increased. The following provides simple steps and matters needing attention on how to perform a safe displacement.

移位步驟：

Displacement Steps:

示範：由床上至輪椅

Demonstration: From the bed to the wheelchair

1. 輪椅需先推至床邊（放在健側），並與床成45°角，煞車應先固定，收起腳踏板。

The wheelchair first needs to be pushed to the bedside (on the healthy or normal side) and forms a 45° angle near the bed. The brake should be set first and then fold up the foot pedal.

2. 站在被看護人所需移向的一側床邊，面對他。

Stand by the side of the bed where the person being cared for is going to be moved to and facing the patient or ward.

3. 托住頭，將枕頭先移動至要移動的一側，將被看護人安全地移向看護者。

Hold the patient's head and move the pillow to the side where he/she is going to be moved to; then safely move the him/her towards the caregiver.

4. 將被看護人扶起，協助坐於床緣，待身體適應，無頭暈等不適症狀，此時需隨時注意、保護被看護人的安全。

Help the patient up and sit by the edge of the bed, and wait until the he/she adapts to the situation and there is no dizziness and other symptoms. The caregiver should pay attention to the safety of the patient or ward at all times.

5. 面對被看護人，協助被看護人將雙手環抱於看護者，以保護被看護人移位時的安全。
Face the patient and help him/her embrace the caregiver with both hands in order to protect his/her safety during displacement.



6. 看護者可利用身體力學的原理，安全地將被看護人移到輪椅，鼓勵被看護人用健側支托患側，將踏板放下，雙腳挪到踏板上並使用固定帶固定失能者。

The caregiver can utilize the principles of body mechanics to safely move the patient to the wheelchair. The caregiver should encourage the patient to use the healthy or normal side to support the affected side. The caregiver should then lay down the foot pedal and move feet of the patient or ward to the foot pedal, and then use the fixing strap to fix the disabled person.

注意：

Notes:

1. 除非緊急狀況，安全移位是以被看護人身體舒適度及安全為最大考量，並予適當的覆蓋，以維護隱私與保暖。

Unless an emergency situation, the primary focus of a safe displacement is the physical comfort and safety of the patient or ward. The patient should have a proper

cover in order to protect his or her privacy and keep body warm.

2. 移位前須注意被看護人的身體狀況，以漸進式移位，避免發生姿勢性低血壓，同時亦須留意管路，避免牽扯和先行排空尿袋等。

The caregiver should pay attention to the physical condition of the patient before performing the displacement, and it should be performed progressively in order to avoid occurrence of orthostatic hypotension. Meanwhile, the caregiver also has to watch out for tubes to avoid dragging and empty the urine bag beforehand.

3. 移位由平躺改為坐姿，或由坐姿接續下床。下床準備。各姿勢應維持10-15 分鐘。另更換姿勢過程需留意被看護人意識狀態，必要時間生命徵象。

Displacement is to change the lying position to a sitting position, or change the sitting position to getting out of the bed. Prepare the cared for to get out of the bed. The posture should be maintained at least 10 to 15 minutes for each changing step.

In addition, the caregiver should pay attention to the state of consciousness and necessary time vital sign of the person being cared for when changing the posture.

4. 搬運動作應『輕、柔、穩』，並適時使用各種輔具，支托固定頭、頸、肩、背、臀、腰、上肢、下肢，避免碰撞而發生受傷。

The action of carrying the patient should be done in a “gentle and steady” manner and use all kinds of assistive devices in a timely manner to support and fix head, neck, shoulder, back, hip, waist, upper limb and lower limb in order to avoid injury due to collision.

5. 移位後須拉上床欄及固定輪椅的煞車系統，以確保安全。

To ensure safety, bed rails should be pulled back and brake system of the wheelchair should be set after displacement is done.

6. 移位前調整床面高度與輪椅的坐面高度相同，可避免因工作造成腰背傷害。

Adjust the bed height so as to level up the height of the wheelchair seat prior to performing displacement in order to avoid waist and back injury .



主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

北市勞動力重建運用處(2017).臺北市外籍看護照顧手冊引自：

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