Transfers using a stand and pivot

A transfer is the moving of a person from one surface to another. You will follow a set pattern of movements to do the transfer in a safe way. A stand pivot transfer has the patient stand, turn or pivot, and then sit down on the new surface.

The patient may be able to do this by himself or herself or may need help from a therapist or caregiver.

If you are helping someone transfer

If you are helping the patient do the transfer, part of your job is to protect the patient from falling. Take steps to safely help someone transfer:

- Use a gait belt around the patient to give you a firm surface to hold onto as you help the patient.
- Use your hands on the patient’s hips, shoulders, and upper body or trunk as control points.
- Explain each step as you go.
- Let the patient see in what direction he or she is moving.
- Be sure to have the patient use his or her own function and strength during the transfer.

Key points about the transfer surface

- Be sure the surface is stable. If it is a wheelchair or bed on wheels, be certain the wheels are locked.
- The surface should be firm and offer good support.
- The transfer surface should be at the same level or height that the person is transferring from.
- If the transfer is to or from a wheelchair:
  - Have the foot pedals off or out of the way. Remove the armrest from the side the person will be sliding toward, if you can.
  - Place the surfaces at a 90-degree angle to one another. Have the surfaces as close together as you can.
Doing a stand pivot transfer

1. Position the patient so his or her stronger side is closest to the surface he or she is transferring onto.

2. Scoot the patient out to the edge of the bed or chair by sliding hips forward, one at a time.
   - If the patient has strength in his or her legs, have him or her move his or her hips toward the edge of the sitting surface (bed, chair, or toilet). Keep the upper body straight and steady.
   - He or she may be able to move forward in the chair by pushing his or her shoulders into the back of the chair, and sliding his or her hips out toward the edge of the chair.

3. Put the gait belt around the person’s waist.

4. Ask the patient to place or help place the patient’s feet flat on the floor. Have his or her stronger foot slightly behind the weaker foot.

5. Have the patient shift his or her body weight forward, keeping his or her trunk up and straight.

6. Place your hands on the backside of the gait belt around the patient’s waist.

7. To perform a safe transfer and to give stability to the patient’s legs, block the legs by placing your feet and knees outside of the patient’s feet and knees. This prevents the patient’s knees from buckling.

8. The patient places his or her arms around your upper back or elbows. This provides control for the patient’s upper body. Do not have the patient hold onto your neck to prevent injury to you.

9. Assist the patient to lean his or her trunk forward over his or her knees. The patient is to have a straight trunk.

10. Give the patient the cue to stand on a count of three. Count 1 and 2 while rocking forward on each number to build up momentum.

11. Come to a standing position on the number 3, as you straighten your legs and lift the patient from the chair or bed. Allow the patient’s knees to come forward during the first part of standing. You should be careful to maintain a straight back and trunk and bend your knees for proper posture in order not to injure yourself.

12. Keep your balance as you stand.

13. Pivot your feet toward the transfer surface, rotating the patient to the proper position for sitting on the transfer surface. **Do not pivot until the patient is upright and under control.**
14. Slowly lower the patient’s body onto the transfer surface. Have the patient reach back to the armrest or surface to help lower himself or herself down.

15. Hold on to the patient until he is in a position that he can maintain by himself or herself.

16. If the transfer was to a chair, the patient should try to scoot his or her hips back to the back of the chair. This will support his or her back in the best position possible.