

Skills Checklist: Assisting to Ambulate w Gait Belt

Assisting a resident to ambulate			
	Procedure Steps	yes	no
1.	Identifies self by name. Identifies resident. Greets resident by name.		
2.	Washes hands.		
3.	Explains procedure to resident. Speaks clearly, slowly, and directly. Maintains face-to-face contact whenever possible.		
4.	Provides for resident's privacy with a curtain, screen, or door.		
5.	Adjusts bed to lowest position so that resident's feet are flat on the floor. Locks bed wheels.		
6.	Puts nonskid footwear on resident and fastens.		
7.	Stands in front of and faces resident. Stands with feet shoulder-width apart. Bends knees. Keeps back straight.		
8.	Places gait belt around the resident's waist over clothing (not on bare skin). Checks to make sure that skin or skin folds (for example, breasts) are not caught under the belt. Grasps the belt securely on both sides, with hands in an upward position.		
9.	If resident is unable to stand without help, braces (supports) the resident's lower extremities.		
10.	On the count of three, with hands still grasping the gait belt on both sides and moving upward, helps resident to stand.		
11.	Walks slightly behind and to one side of resident for the full distance, while holding onto the gait belt. If the resident has a weaker side, stands on the weaker side. Asks resident to look forward, not down at floor, during ambulation.		
12.	After ambulation, removes gait belt. Makes resident comfortable. Removes footwear.		
13.	Leaves bed in lowest position. Removes privacy measures.		
14.	Leaves call light within resident's reach.		
15.	Washes hands.		

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16.	Is courteous and respectful at all times.		
17.	Reports any changes in resident to the nurse. Documents procedure using facility guidelines.		
<div><div>_____</div><div>Date Reviewed</div><div>_____</div><div>Instructor Signature</div></div>			
<div><div>_____</div><div>Date Performed</div><div>_____</div><div>Instructor Signature</div></div>			