■ Pozicioniranje medicinske sestre pri pomicanju bolesnika

Positioning of the nurse when moving a patient

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KLJUČNE RIJEČI: sigurnost bolesnika, sigurnost medicinskih sestara.

KEYWORDS: patient safety, nursing safety.

CITATION: *Cardiol Croat.* 2014;9(9-10):508.

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Posao medicinskih sestara je fizički zahtjevan posao, stoga su osobe koje rade u takvom okruženju sklonije mišićno-koštanim bolestima više od drugih zanimanja.

Cilj ovog rada je da se pomoću dostupne literature i praktičnog iskustva ispita koje bi tehnike i ergonomska tehnička pomagala medicinskom osoblju olakšala posao pri pomicanju bolesnika. Učestalost bolova, ozljeda te posljedica izostanak s posla bit će također opisan. Kako bi spriječili takve posljedice, na temelju literature i kliničke prakse uvedene su smjernice o načinu pomicanja bolesnika. Uključeno je i premještanje bolesnika u invalidska kolica uz pomoć jedne ili dvije osobe. U radu se prikazuje kako premjestiti bolesnika koji već sjedi u invalidskim kolicima uz pomoć samostojećeg koloturnika. Mobilnost značajno povećava bolesnikov životni standard, stoga se posebna pažnja posvećuje prikazu kako premjestiti bolesnika iz i u automobil.

Nursing care is physically demanding therefore individuals working in such environment do suffer more from muscle skeletal disorders than many other professionals.

The purpose of this paper is that by using available literature and practical experience to examine which techniques and ergonomic technical aids would ease medical staff when moving patients. Frequency of occurring pain, injures and consequent absence from work is also presented. In order to prevent such consequences guidelines how to move a patient based on literature and clinical practice are introduced. Moving a patient to wheelchair with assistance of one or two persons is included. Paper also presents how to move a patient who already sits in the wheelchair with use of freestanding pulley. Mobility significantly increases patient's life standard. For this purpose special attention is dedicated in showing how to move the patient from and into the car.

RECEIVED:
September 30, 2014