

Moving and handling

by Marie McCullagh & Ros Wright

NURSING LESSONS TRANSCRIPT

Mr Brown is 67 and very overweight. He was admitted two days ago suffering from severe abdominal pain. The cause of the pain has not yet been diagnosed and further tests are required. Nurse Dawson and her colleague Nurse Kelley have arrived with a trolley to take Mr Brown to the X-ray Department.

Transcript

- Nurse:** Mr Brown, I'm Nurse Dawson. How are you feeling?
- Mr Brown:** A little better thank you. The new pain killers seem to be working better. The pain's not bothering me as much now.
- Nurse:** That's good. And how did you sleep?
- Mr Brown:** Well, the first night I didn't sleep a wink. But I had quite a good night's sleep last night.
- Nurse:** I'm glad to hear that. Now, Mr Brown, Nurse Kelley and I need to take you for an endoscopy. I think your consultant explained it to you yesterday. It's a procedure using a camera on a long flexible tube that'll take pictures of your stomach so we can see what's causing the pain.
- Mr Brown:** Right. Does it need to be done right now?
- Nurse 1:** Yes. I'm sure you want to find out the cause of the pain as quickly as possible?
- Mr Brown:** Oh yes.
- Nurse 1:** And to get you there we need to move you onto this trolley. Is that okay?
- Mr Brown:** Oh. It won't hurt, will it?
- Nurse 1:** No. Not at all. We just need to get you from the bed onto here.
- Mr Brown:** Okay.
- Nurse 2:** Don't mind me; I'm just making sure the bed is at the right height for the trolley.
- Nurse 1:** But we will need you to help us.
- Mr Brown:** What do you want me to do?
- Nurse 1:** Well, the first thing we need you to do is to try to relax. Do you think you can do that?
- Mr Brown:** I can try. I'm a bit on edge, that's all, my dear.
- Nurse 1:** Why's that?
- Mr Brown:** Well I'm worried about the test and I'm afraid it'll hurt more when you lift me.
- Nurse 1:** Don't worry Mr Brown. We will be using a slide sheet so we won't have to lift you at all. You can stay in the same position while we slide you sideways onto the trolley. Does that make you feel better?



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Mr Brown:	Yes.
Nurse 1:	That's good. So, the first thing we need to do is to make sure that all the bedding is loose. I'm going to check this side and Nurse Kelley will take the other side. Can you move your feet and arms freely Mr Brown?
Mr Brown:	Yes.
Nurse 1:	Good, now we're going to need you to raise your shoulders so we can get the slide sheet underneath you. I'm going to hold it at this side and Nurse Kelley will hold the other side. On the count of three I want you to lift your shoulders. Is that okay?
Mr Brown:	Yeah.
Nurse 1:	One, Two, Three – lift.
Mr Brown:	Is that high enough?
Nurse:	That's fine. Have you got it Nurse Kelley?
Nurse 2:	Yes, I've got it.
Nurse 1:	Excellent. You can let your shoulders back down now Mr Brown. Okay, now we need to unfold the next part under your back. Can you raise that a little for us please? On the count of three. One, two, three.
Mr Brown:	Is that okay?
Nurse 1:	That's great. Now your hips. One, two, three. That's excellent. Now your feet. We're almost finished. One, two three. Great. We're ready to start moving you now. Are you comfortable?
Mr Brown:	Yes. I'm fine.
Nurse 1:	That's great. On my count Nurse Kelley, if we can lift Mr Brown onto the trolley – one, two, three. That's it. You okay?
Nurse 2:	No problem.
Nurse 1:	Mr Brown, how are you? You're not in any pain at all?
Mr Brown:	No, no. I'm alright love; I just need to get comfy again.
Nurse 2:	You did well, Mr Brown, well done. I'm just going to take you down to X-ray, it's not far.

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A Professional usage

1. With a partner, read through the dialogue and decide what would be the most appropriate piece of equipment to carry out this particular procedure and why.
- 2a. As you listen to the audio, take note of what happens at each of the seven stages of the procedure.
 - b. Compare your ideas with a partner.
3. Now discuss this question in small groups: *To what extent is Mr Brown allowed to maintain his independence during the procedure?* Explain your answer.

B Colloquial language

1. Read these expressions taken from the dialogue.
 - a. *I didn't sleep a wink*
 - b. *I'm bit on edge*

Now put them into the correct column in the table according to their meaning:

Exhausted	Nervous

- 2a. Reorganize these words to form colloquial expressions that patients/relatives might use to explain how they/a patient feel/s. Then add them to the table above:

He's / shattered / really	feel / death / like / I / this morning	in / absolutely / looks / she / done
often / she / uptight / gets / things / about	she's / getting / state / in / about the operation	went / pieces / to / just / I / totally

- b. Circle any of the expressions above that you have already come across, either in real life, films, literature or the media.
3. Listen out for expressions in your particular professional context – they may differ from those above.

C Communication focus

- 1a. Listen again to the dialogue and underline examples in the transcript of where Nurse 1:
 - a. offers encouragement to the patient.
 - b. checks the patient is not suffering any ill effects of the manoeuvre.
 - c. praises the patient once the task has been achieved.
- b. Listen again and note the nurses' use of intonation.
2. Brainstorm possible ways you might persuade a patient who is not as compliant as Mr Brown.

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D Handover

1. Look at the following scenarios; decide what piece of equipment and how many nurses you would need to move the patient successfully.

a. Helping a patient who has fallen in a confined space but who is able to move with limited assistance.	b. Transferring a drowsy elderly patient from a wheelchair to the bed.	c. Helping a patient with abdominal pain to sit up in bed from the lying position.
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2. Now devise a dialogue for one of these scenarios.
3. Perform your role-play to another pair and ask for constructive feedback in particular on:
- offers of encouragement to the patient.
 - appropriate staging of the movement / handling of the patient.
 - checking the patient is not suffering any ill effects of the manoeuvre.
 - praising the patient once the task has been achieved.

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ANSWER KEY

A Professional usage

- Your learners will probably come up with the idea of using a 'slide sheet' but some may not know the term in English. Ask them to explain how the sheet works.
- 2a/b.1 - Explains the purpose of the move
 - Reassures the patient
 - Explains how the patient will be moved
 - Adjusts height of bed
 - Checks that the bedding is loose
 - Encourages the patient
 - Checks if the patient is feeling comfortable after the move
- Mr Brown is encouraged to carry out as many of the movements himself as possible. It is important that the patient is encouraged to be as independent in his movements as possible. This way the nurses are required to lift lighter 'loads' and the patient is aware of their capabilities.

B Colloquial language

- | Exhausted | Nervous |
|--|--|
| <i>I didn't sleep a wink.</i> | <i>I'm a bit on edge.</i> |
| <i>He's really shattered.</i> | <i>She often gets uptight about things.</i> |
| <i>I feel like death this morning.</i> | <i>She's getting in a state about the operation.</i> |
| <i>She looks absolutely done in.</i> | <i>I just totally went to pieces.</i> |
- Remind learners that colloquial expressions are very localized and that the context will in many cases help them to understand what is meant.

C Communication focus

- Nurse 1:** *Does that make you feel better?*
 - Nurse 1:** *Mr Brown, how are you? You're not in any pain at all?*
 - Nurse 2:** *You did well, Mr Brown, well done.*
- Possible examples. (Get learners to practise saying these aloud.)

Does that make you feel better?

We need you to do is to try to relax. Do you think you can do that?

It will help us a lot if you can relax.

If you try to move [your leg] just slowly at first.

Let's just try [moving your right leg] for now and see how we go / it goes.

Why don't we do it together?

Why don't we see how you go with [the frame] for now?