

Skills Checklist: Assist Patient to Walk w/ Cane & 3pt Gait

Nursing Assistant's Name:

Reviewer Name:

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Assemble equipment: – Cane as ordered – Gait belt			
Feedback			
Make sure the patient has on sturdy shoes with nonslip soles. Check clothing to be sure it does not hang down over shoes			
Feedback			
Place the bed in the lowest horizontal position and lock the wheels. Assist the patient to sit on the edge of the bed. Place a gait belt on the patient and assist the person to a standing position. Stand on the affected or weaker side with your closest hand in the gait belt, using an underhand grip			
Feedback			
Instruct the person to hold the cane on their stronger side, with the tip about four inches to the side of the stronger foot. Their weight should be distributed evenly between their feet and the cane			
Feedback			
Tell the person to shift their body weight to the strong leg and advance the cane about four inches so they are supporting their weight on the strong leg and the cane. Move the			

weak leg forward so it is even with the cane			
Feedback			
The patient then shifts their weight to the weak leg and the cane, moving the strong leg forward, ahead of the cane. Repeat this pattern while the person is walking			
Feedback			
Note the person's endurance, balance, and strength while walking. Stop immediately if the person has trouble and help them to the closest chair. Call the nurse			
Feedback			
Assist the patient to sit in the chair or to lie down in bed. Remove the gait belt. Store the cane in an appropriate area			
Feedback			
Document the distance the person ambulated and their tolerance of the procedure			
Feedback			
Carry out last procedures			
Feedback			

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