

## Checklist: Ambulate Using a Walker

Ambulate Using a Walker	Able to Perform	Unable to Perform
1. Review the patient's care plan, mobility status, and any activity restrictions before ambulation.	<input type="checkbox"/>	<input type="checkbox"/>
2. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
3. Gather the walker and ensure it is the correct type and height for the patient.	<input type="checkbox"/>	<input type="checkbox"/>
4. Inspect the walker for safety, including secure hand grips, stable legs, and intact rubber tips or wheels.	<input type="checkbox"/>	<input type="checkbox"/>
5. Identify the patient using facility-approved identification procedures.	<input type="checkbox"/>	<input type="checkbox"/>
6. Explain the procedure to the patient and encourage participation.	<input type="checkbox"/>	<input type="checkbox"/>
7. Ensure the patient is wearing non-slip footwear before standing.	<input type="checkbox"/>	<input type="checkbox"/>
8. Clear the walking area of clutter, spills, cords, or other fall hazards.	<input type="checkbox"/>	<input type="checkbox"/>
9. Assist the patient to a sitting position at the edge of the bed or chair and allow time for dizziness or weakness to resolve.	<input type="checkbox"/>	<input type="checkbox"/>
10. Apply a gait belt if required by the patient's care plan or facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
11. Position the walker directly in front of the patient with all four legs or wheels resting evenly on the floor.	<input type="checkbox"/>	<input type="checkbox"/>
12. Instruct the patient to push up from the bed or chair using their hands. Do not allow the patient to pull up on the walker.	<input type="checkbox"/>	<input type="checkbox"/>
13. Stand beside and slightly behind the patient on the weaker side while assisting to stand.	<input type="checkbox"/>	<input type="checkbox"/>
14. Once standing, allow the patient to gain balance before beginning to walk.	<input type="checkbox"/>	<input type="checkbox"/>
15. Instruct the patient to move the walker forward a short distance, keeping all walker legs or wheels on the floor.	<input type="checkbox"/>	<input type="checkbox"/>
16. Instruct the patient to step forward into the walker space, leading with the weaker leg if applicable, followed by the stronger leg.	<input type="checkbox"/>	<input type="checkbox"/>
17. Maintain a safe position beside the patient while holding the gait belt if used.	<input type="checkbox"/>	<input type="checkbox"/>
18. Encourage slow, steady movement and proper posture during ambulation.	<input type="checkbox"/>	<input type="checkbox"/>
19. Monitor the patient continuously for signs of fatigue, dizziness, pain, or instability.	<input type="checkbox"/>	<input type="checkbox"/>
20. If the patient begins to fall, maintain hold of the gait belt and assist the patient gently to the floor while protecting the patient from injury.	<input type="checkbox"/>	<input type="checkbox"/>
21. Assist the patient back to a chair or bed after ambulation.	<input type="checkbox"/>	<input type="checkbox"/>
22. Ensure the patient is seated safely with the walker within reach if appropriate.	<input type="checkbox"/>	<input type="checkbox"/>
23. Remove the gait belt if used.	<input type="checkbox"/>	<input type="checkbox"/>
24. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
25. Document the ambulation activity, assistive device used, distance ambulated, level of assistance provided, and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>