

## Skills Checklist: Move to HOB & Logrolling

**Nursing Assistant's Name:**

**Reviewer Name:**

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Move to Head of Bed			
Carry out Initial Steps			
Feedback			
Ask coworker to assist from opposite side of bed			
Feedback			
Lock wheels of bed. Raise bed to comfortable horizontal working height. Lower side rails			
Feedback			
Lower head of bed if patient can tolerate this position. Remove the pillow. Place it at head of the bed, horizontally on its edge, for safety			
Feedback			
Lift top bedding and expose the draw sheet. Loosen both sides of the draw sheet			
Feedback			
Roll the draw sheet edges close to each side of the patient's body			
Feedback			
Face the head of the bed. Grasp draw sheet with hand closest to foot of bed.			
Feedback			
Position your feet 12 inches apart,			

with the foot that is farthest from the bed edge forward			
Feedback			
Place your free hand and arm under the patient's neck and shoulders, cradling the head from both sides			
Feedback			
Bend hips slightly. Together, on a count of three, raise the patient's hips and back with the draw sheet, while supporting head and shoulders. Move patient smoothly toward the head of the bed			
Feedback			
Replace pillow under the patient's head			
Feedback			
Tighten and tuck in draw sheet. Adjust the top bedding			
Feedback			
Logrolling the Patient			
Ask coworker to assist on <b>same side</b> of bed			
Feedback			
Ensure bed is waist-high horizontal position and wheels are locked			
Feedback			
Lower side rail on the side opposite to which the patient will be turned.			
Feedback			

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One assistant places hands under patient's head and shoulders. The second person places hands under the hips and legs. Then move the patient as a unit toward you			
Feedback			
Place a pillow lengthwise between the legs. Fold patient's arm over the chest on the side to which resident will be moving so they do not roll on top of it			
Feedback			
Raise the side rail. Check for security			
Feedback			
Go to the opposite side of bed and lower side rail			
Feedback			
Turning the patient to the side may be done by using a turning sheet that was previously placed under the patient.			
Feedback			
Reach over the patient, grasping and rolling the turning sheet toward patient			
Feedback			
One nursing assistant should stand beside the patient to keep the shoulders and hips straight			
Feedback			

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A second assistant should keep the thighs and lower legs straight			
Feedback			
If a turning sheet is not in position, the first assistant places their hands on the patient's far shoulder and hip			
Feedback			
The second assistant positions their hands on the patient's far thigh and lower leg			
Feedback			
At a specified signal, roll patient toward both assistants in a single movement, keeping the spine, head, and legs straight. If a turning sheet is used, grasp the sheet and move the patient as a unit, onto their side			
Feedback			
Place additional pillows behind the back to maintain patient's position. A small pillow or folded bath blanket may be permitted under patient's head and neck. Leave a pillow between the legs. Position small pillows or folded towels to support the arms			
Feedback			
Carry out last steps			
Feedback			

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