

偏癱患者的轉位法－輪椅↔床

Body Rotation for Hemiplegic Patient – Wheelchair ↔ Bed

腦中風病人下床坐輪椅動作，是一種非常重要的復健運動；正確的移位方式，可使病人有良好的安全感，也能減輕照護者的負擔，並提高病人的活動能力。

The motion of getting off bed and sitting on the wheelchair is a very important rehabilitation exercise for patients of cerebral stroke. The correct shifting method will provide good sense of security for patients while alleviating the burden on the caregiver to enhance the activities of the patient.

◎步驟一 Step 1：

第一步驟：輪椅移至健側的床尾呈45度角，固定輪椅煞車，然後收起腳踏踏板。

First step: Shift wheelchair to the bottom of the bed in 45 degree, secure the wheelchair and put away the pedals.



◎步驟二：移至床緣坐立

Step two: move to the bed edge to sit:

半側肢體乏力但可稍微自行移動 Limbs on the half side of the body are weak but can still slightly move independently.	半側肢體乏力 Limbs on the half side are weak.	雙下肢無力時 Both lower limbs are weak
1. 搖高床頭→觀察有無頭暈等不適反應，預防姿勢性低血壓 1. Lift up the bed and observe for dizziness and other responses of discomfort to prevent postural hypotension.	1. 將病人挪至床中央，病人以健側手握住患側手腕處，且橫置於腹部。 1. Move the patient to the center of the bed. The patient shall hold the wrist with healthy hand and place it on the abdomen.	1. 搖高床頭→觀察有無頭暈等不適反應，預防姿勢性低血壓 1. Lift up the bed and observe for dizziness and other responses of discomfort to prevent postural hypotension.



2. 病人翻向健側側臥，再以健側好腳將患側壞腳移到床沿下

2. Turn the patient sideway to the healthy side and use the healthy leg to move the affected leg to the bed.



2. 協助者站在健側，將患側下肢彎曲→一手置於患側肩部→另一手固定患側下肢→將病人翻向健側

2. Assister shall stand on the healthy side to bend the lower limbs of the affected area. Place one hand on the affected area. The other hand secure the lower limb of the affected side, turn the patient to healthy side.



2. 病人自行翻向健側→協助者協助病人將雙腳移到床沿下

2. The patient shall independently turn to the health side. Assist patient to relocate the legs to the bottom of the bed.



3. 以健側好手將上身慢慢撐起。若病人好手力量不夠，協助者可緊靠床緣站立，將一手伸入病人頸間對側，另一手扶病人軀幹，協助坐於床緣)。

3. Use the health arm to slowly support the body up. If the patient does not have enough strength for the good hand, assister can stand close to the edge of the bed. One



3. 協助者將病人下肢移到床緣下，一手從病人健側肩膀伸入，並扶持背部，將上半身抬高；另一手同時將患側骨盆往下壓，協助病人坐於床沿。

3. The assister shall help patients move their lower limbs to the edge of the bed. The assister shall also support the back to lift up the upper half body. The other hand



3. 以手將上身慢慢撐起。

3. Lift up the upper body slowly.

hand will get into the opposite side of the patient's neck while the other hand will support the patient's body to assist the patient sit on the edge of the bed.

will press the pelvis of the affected area downward to assist the patient sitting on the bedside.



4. 病人坐於床沿後觀察有無頭暈等不適反應。

4. Patients shall observe for any dizziness or discomfort reactions by the bedside.

◎床與輪椅間的轉位 Body Rotation between Bed and Wheelchairs

<p>半側肢體偏癱病人 Hemiplegic patients of limbs one side</p>	<p>下半身癱瘓病人 Hemiplegic patients of lower body</p>
<p>1. 協助站立 Assist with standing up</p> <p>A. 病人無法自行用力：協助者站在病人面前，病人將雙手放於協助者肩上，協助者兩手拉病人褲頭或扶病人臀部，以一腳固定病人患側下肢，協助病人站起。</p> <p>Patient could does not have strength: Assisters shall stand in front of the patient and the patient shall put the two hands on the shoulder of the assister. The assister shall pull the pants of the patient or the hip of the patient, securing the lower limb of the patient with one leg to help the patient stand up.</p> <p>B. 病人可協助用力：請病人彎腰，健側的手撐著輪椅對側扶手，協助者在前方協助病人站起。</p> <p>Patient has strength: Ask the patient to bend and the hand of healthy side to hold on to the handrail of the wheelchair. The assistor will help the patient to sand up in the front.</p>	<p>1. 協助轉位 Assist with rotation</p> <p>協助者將病人頭靠在協助者腰側，雙手繞至病人背後抓住病人褲頭或扶病人臀部，以手臂及軀幹固定病人，雙腿夾緊病人雙腿。</p> <p>The assister shall lean the patient's head against the waist of the assister, circling around the back of the patient with two hands to grab the pants of the patient or support the patient's pelvis to secure the patient with the arms and body. The two legs will clamp to the legs of the patient.</p>
	
<p>2. 移位. Moving</p>	<p>2. 協助者用力將病人臀部抬離椅面，再</p>

A. 病人無法自行用力：協助者以一腳固定病人患側下肢，另一腳原地旋轉，把病人移到輪椅面後，再慢慢讓病人坐下。

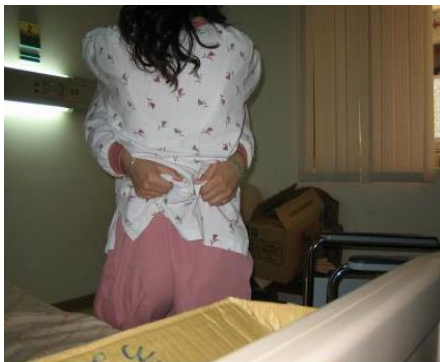
Patient does not have strength: The assister secure the lower limb of the affected area of the patient with one leg while the other leg rotates in the same place until the patient is rotated to the back of the wheelchair before slowly putting the patient to sit down.

B. 病人可協助用力：請病人以好手撐著扶手，協助者站在病人前方，然後扶持病人轉身慢慢坐在輪椅上。

Patient has strength: The patient holds on to the handrail with the good hand while the assister standards in front of the patient, turn the patient around to sit on the wheel chair.

將病人轉位至輪椅。並調整病人坐姿，視需要繫上安全帶。

The assister lifts the hip of the patient off the chair with force, then rotate the patient to the wheelchair, then adjust the patient's sitting position and buckle up when necessary.



3. 放下腳踏板、將病人腳置於舒適位置。
Put down the pedal and place the patient's feet on comfortable position.

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◎使用輪椅注意事項 Precautions of Use of Wheelchair

1. 收起來方法：用雙手將坐墊中央向上提起；打開方法：以雙手掌緣，將坐墊兩邊之支架向下壓。

Retrieval: Lift the center of the seat with two hands; To open, use the edge of the hands to press the rack on the two sides of the seat downward.

2. 使用前注意事項 Instructions before use

(1) 車輪無缺損且轉動靈活。

(1) Wheel chair are undamaged and rotate with flexibility.

(2) 車體支架無斷裂，輪圈鋼絲無鬆脫。

(2) Unit rack without fracture, steel wire and wheel are intact.

(3) 煞車可固定。

(3) Brake can be used for securing.

(4) 坐墊牢固。

(4) Seat is secure.

3. 協助病人坐輪椅注意事項 Precautions for helping patient sit on the wheelchair

(1) 需先固定輪椅煞車，並將腳踏板往外翻，以避免小腿受傷。

(1) Secure the wheelchair brake and flip the pedal outward to avoid calf injury.

(2) 患側肢體需適度予支托或固定，以防手腳滑落造成損傷。

(2) Provide support or security for the limbs of the affected area to prevent injury due to falling hands and legs.

(3) 輪椅行經下坡路段時，需將輪椅反轉，以倒退方式並以 Z 字型路經前進下坡。

(3) When passing by downhill section, reverse the wheelchair and descend in Z-shaped route and in backward approach.

(4) 行經凹凸不平地面時，應減緩速度。

(4) Slow down when passing uneven surface of road.

(5) 協助病人離開輪椅注意事項：固定煞車，收起腳踏板後，才可以站起來。

(5) Instructions for assisting patients to leave wheelchair: Secure the brake and retrieve the pedal before standing up.

參考資料：

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Minor M. A. D. & Minor S. D (2014). Transfer activities. In *Patient care skills 7th ed.* (pp. 259-262). Upper Saddle River, NJ: Pearson education Inc.

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 70 病房分機 7001、7002

If you want to learn more about the above, please contact Tel: 05-2756000 transfer 70 ward extension 7001,7002

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