

RESIDENT _____

DATE	PROBLEM	GOAL	TO DATE	INTERVENTIONS	RESP DISC
	<p>Ambulation with cane / quad cane to:</p> <p>Assist balance Widen base of support Decrease weight bearing</p> <p>Resident is on restorative nursing program to improve ambulation</p> <p>Related to: Balance problem Unsteady gait Weakness Limited endurance Lack of safety awareness Knowledge deficit Dizziness Pain Fracture Cognitive impairment Sensory impairment Uncontrolled movements Loss of voluntary movement</p> <p>Full weight bearing Partial weight bearing</p>	<p>Resident will ambulate with Cues / reminders Supervision Stand-by assist Assist of one Assist of two</p> <p>Resident will ambulate Daily Twice per day Three times per day</p> <p>Resident will ambulate 2 / 5 / 10 / 15 / 20 feet To dining room To bathroom</p> <p>Resident will demonstrate correct and safe use of assistive device</p> <p>Resident will be free of falls or injury</p>		<p>PT, OT evaluation as indicated</p> <p>Provide appropriate level of assistance to promote safety of resident</p> <p>Encourage resident to participate in ambulation, and praise accomplishments</p> <p>See Falls care plan</p> <p>Assist resident to sit on the edge of the bed for two minutes to assess for dizziness</p> <p>Assist resident in putting on socks and well-fitting nonskid shoes</p> <p>Walk on resident's weaker side, and encourage resident to hold cane with strong hand</p> <p>Walk in the same pattern as resident (both step with left foot at the same time)</p> <p>Walk resident only distance instructed by care plan</p> <p>Ask how resident is doing, and observe closely for dizziness, unsteady gait, impaired balance, or fatigue</p> <p>Instruct and assist resident to: Hold cane in hand opposite weaker leg</p>	

				<p>Slightly bend elbow when holding cane</p> <p>Keep cane close to body for support and balance</p> <p>Place cane about 4 inches to side of stronger leg</p> <p>Put weight on stronger side</p> <p>Move cane about 4 inches in front of stronger leg, bringing weaker leg forward at the same time</p> <p>Use cane to help keep weight off weaker leg, and move stronger leg ahead until heel is slightly beyond tip of cane</p> <p>Look straight ahead when walking</p> <p>When turning, take small steps – do not pivot</p> <p>Caution resident to:</p> <p>Not take a step unless cane is firmly on ground</p> <p>Not place cane too far forward</p> <p>Not take steps that are too big</p> <p>Not to carry heavy things when using cane</p> <p>Not use cane on stairs</p>	
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