

**CAPITAL REGION MEDICAL CENTER
PATIENT CARE PROCEDURE MANUAL**

TITLE: GAIT BELT USE	REFERENCE NUMBER: 100-96
DEPARTMENT: PATIENT CARE DEPARTMENT	REVISED: November 28, 2012

PURPOSE

To prevent injury to patients and employees during transfers and ambulation

SKILL LEVEL

RN, LPN, NA, NE, TECH

EQUIPMENT AND SUPPLIES

Gait belt

Any assistive device used by patient

Robe

Shoes or slippers.

PROCEDURE

1. Refer to Patient Care Procedure "Universal Procedure Guidelines"
2. Assure that bed is in low position and lock wheels.
3. Assist the patient into a sitting position and into robe and slippers or shoes.
4. Place the gait belt around the patient's waist over clothing. The tag will be on the outside.
5. Pull the belt through the teeth then through the other side of the buckle.
 - a. The belt should be snug but not uncomfortable. You should be able to insert two fingers between the belt and the patient's clothing. The belt will loosen when the patient stands. Avoid pinching skin.
 - b. The belt may be placed under the armpits if necessary. Also, two belts can be attached to accommodate the larger waist.
 - c. When the patient has an incision at the waistline or a PEG tube, the belt can be placed under the armpits if there are no incisions or central lines.
6. Stand in front of the patient with your feet about shoulder width. Alternate your feet with the patient's feet. This allows you to lock the patient's knee with your knee if patient begins to slide.
7. Bending at the knees and the hips and keeping your back straight, grasp the gait belt at the sides using an underhanded grip.
8. Tell the patient to be ready to stand on a count of three (3).
9. Help the patient to walk by moving to the side and slightly behind the patient. Choose the weaker side (if applicable). Grasp the belt with an underhand grip from the back, placing other hand on the upper chest to steady the patient.
10. Gait belts may be reused between patients if not visibly soiled and are placed over patient clothing.
11. Gait belts for patients on isolation should be single patient use only and either sent home with the patient or discarded upon discharge. Any visibly soiled gait belt should be discarded.

POLICY REVIEWED/REVISED			
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	DATE: 02/01/1995		BY: PCMM
<input type="checkbox"/>	REVIEWED	<input type="checkbox"/>	REVISED
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	DATE: 10/13/2003		BY: LBray
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	DATE: 11/01/2005		BY: CLuebbert
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	DATE: 04/01/2007		BY: ATrautman
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	DATE: 04/02/2009		BY: LBray
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	DATE: 10/10/2011		BY: SCrowley
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	DATE: 11/28/2012		BY: SMcCoy
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