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Blood and Transplant

Promoting Healthy Postures when using Donation Chairs and Donation Couches

Module 4

Updated January 18

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If delegates are mobile team based only

- Part 1 needs to be completed

If delegates are donor centre based only

- Part 2 needs to be completed

If delegates work in both environments

- Parts 1 & 2 need to be completed

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Mobile Team

Part 1

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Learning Outcomes

1. Adjusting the Seat Position Using Lever
2. Chair Positions and Healthy Postures
3. Effective Communication
4. Emergency Evacuation


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Adjusting the lever on the chair


Up is open



Part way



Down is closed



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Relevant General Principles

- **Know your limitations.** Ask for help.
- **Clear communication** with the donor
- Maintain a **neutral spine**
- **Stable, flexible base.** Feet shoulder width apart
- **Soft knees** and hips
- Face **direction of travel** (no twisting)
- Effort in **direction of force**
- Stay **close to load**

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Communication: Key Words and Phrases

On recline, encourage the donor to:

- Sit right back in the chair and put their head against the head rest
- Not to make any sudden movements during the process
- Keep hands on lap
- Look up to the ceiling
- Raise their legs if they are able to

Assistance from colleagues:

- Assessing when this is required - if the chair remains stationary once the lever has been released
- Agreeing with each other how you will communicate this

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1 Preparing Your Donor

Communicate

Donor or Donor Carer - adjust the head rest to suit level of comfort

"I'm about to recline the chair. Please look up, and if you're able, raise your legs"

Adjust the foot rest

"Ensure you're sat back in the chair and place your hands on your lap"

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2i Reclining Your Donor

Ensure you are square onto the lever as you squat to release it

Where there's room, straighten the arm rest

Re-adjust your feet to a lunge position as close to the chair as possible

Strong hand hold

Don't over reach. Effort in the direction of force

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2ii Reclining Your Donor

TOP TIP:
If the chair does not start to recline when the lever is released then discreetly ask for help from a colleague.

Suggestion: When working in pairs to recline the donation chair, this is a good manoeuvre for the assisting colleague.

Don't forget:
Communicate – "ready, steady, move"

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3 Sitting Up Your Donor

Advise the donor that you are about to start sitting them up and ask that they keep lying back in the chair. **HOWEVER**, if the chair does not start to move on it's own once the lever is released then request the donor tips their chin toward their chest

If the chair comes up rapidly, **DON'T TRY AND STOP IT** just keep the donor in the position they are in for longer and monitor them

Adjust your base – from square onto lever to either side of the base frame front leg.

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Why can't I do it this way?

Reclining the Donation Chair Sitting the Donor Back Up and Communication

Time to practice these techniques together, acting as donor / member of staff and between colleagues where assistance is required to ensure the health and wellbeing of all.

Emergency Evacuation



Learning Outcomes

1. Adjusting the Seat Position Using Lever
2. Chair Positions and Healthy Postures
3. Effective Communication
4. Emergency Evacuation?

- If not continuing to the Donation Couches presentation – Part 2

Any Questions ?

Donor Centre

Part 2

Course Aims

Healthy Postures when using Component Donation Couches

Practical application to confirm your competency in performing the following techniques:

- Relevant General Principles
- Reclining Donors and Returning them Back to the Upright Position

Ensure Awareness of the impact of a poor posture on your health and wellbeing

Clear Communication. Working effectively with the Donor and your Colleagues - Key Words and Phrases to Use

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Relevant General Principles

- **Know your limitations.** Ask for help.
- **Clear communication** with the donor
- Maintain a **neutral spine**
- **Stable, flexible base.** Feet shoulder width apart
- **Soft knees** and hips
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Communication: Key Words and Phrases

On recline, encourage the donor to:

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Assistance from colleagues:

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Reclining the component donation couch



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Sitting the Donor back up



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Reclining the Component Donation Couch Sitting the Donor back up and Communication

Time to practice these techniques together, acting as donor / member of staff and between colleagues where assistance is required to ensure the health and wellbeing of all.

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Learning Outcomes

Making Healthy Postures an everyday “habit” when using Component Donation Couches

Practical application to confirm your competency in performing the following techniques:

- Relevant General Principles
- Reclining Donors and Returning them Back to the Upright Position

Ensure Awareness of the impact of a poor posture on your health and wellbeing

Clear Communication. Working effectively with the Donor and your Colleagues - Key Words and Phrases to Use

Any Questions ?

