



Nursing Service Guidelines Inpatient Behavioral Health

Title: SARA STEDY

Responsibility: Senior Behavioral Health Staff

Purpose of Guidelines: Sara Stedy is a new standing aid, which promotes active participation by the resident or patient for toileting, transferring and transportation activities. It is a transfer aid or standing aid designed for use for patients with balance, lower extremity, mobility or waking disabilities.

Procedure:

- Who is it for?
 - o What kind of patient is this device for? If they meet the following criteria, they may be a good candidate.
 - Weak legs
 - Low endurance
 - Cannot walk more than a couple of steps
 - Unsteady gait
 - Requires assistance of two people to ambulate
 - Understands directions
 - Partly capable of performing daily activities
 - Can assist with transfers

- Getting the Stedy Into Position
 - o There are two flaps for the patient to sit down on called seat wings. Make sure they are pushed up before rolling the Sara Stedy towards them. There are four wheels at the bottom. Two of them can lock in place. Make sure the wheels are unlocked so you can roll it towards them.
 - o When the Stedy is in the desired position, lock the two wheels so it does not slip out from under them.
 - o If you are having trouble placing the device underneath them, the other two wheels in the back may be able to widen or narrow down by pushing on two-foot pedals. It has this feature so it can be placed as close to the patient as possible. This is especially useful when pushing it underneath a bed or around a chair or toilet.

- Placing the Patient on the Stedy
 - o After bringing the Sara Stedy as close to them as possible, place their feet onto the platform, called a foot plate, located on the bottom of the device. This will prevent their feet from dragging on the floor when they are moved around.
 - o There are also knee guards that their knees should rest against. They help secure their legs to make sure they do not slip off the foot plate whenever they sit on the seat wings.
 - o After you make sure they are in a good position, have them grab onto the rail directly in front of them to help themselves stand up. Tell them to pull their belly up to the rail. Assist them if needed.

- After they are standing as upright as possible, bring the seat wings down and have them slowly sit on them. You can always help them ease down and assure them that there is a seat underneath them.
- Make sure they hold onto the rail during this entire process. Check to make sure their feet are still firmly on the platform and their shins and knees are comfortably against the knee guards.
- Bringing Them to Their Destination
 - You may now unlock the wheels and use the two handles next to the rail that the patient is holding on to push, pull, and steer them into the spot where they need to be. Again, you can always widen or narrow the two back wheels if needed.
 - When their bottom is directly underneath where you want them to sit down, lock the wheels back into place. Have them slowly stand up straight, belly to the rail, all while holding firmly onto the rail in front of them.
- Cleaning and storage
 - Clean with purple wipes after each use.
 - Return to clean storage room when completed.

Reviewed by: Lindsay Watson, Program Director & Monecca Smith 12/2018

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