

轉位是指由一個位置移到另一個位置，或者由一個姿勢換到另一個姿勢，而病人往往在肢體喪失原有的功能後，轉位對他們來說就變得異常困難。轉位時最重要的是病人的安全，以免在轉位時造成二次傷害，再者，也讓病人發揮最大的能力協助轉位，並非完全依賴他人。照顧者也要注意本身的身體力學，熟悉轉位技巧，以免發生腰酸背痛的情形。

Transfer means to move from one position to another, such as from a bed to a chair, or vice versa. Transferring can be extremely difficult for patients who have lost the functions of their limbs. The most important aspect of transferring is patient safety, so that additional injuries will not occur during the transfer. In addition, proper techniques will encourage the patients to do their best to assist in the transfer, instead of being entirely dependent on others. Caregiver should also pay attention to their own body

mechanics, and be familiar with the transfer techniques in order to prevent back injury.

一、病人下肢具有承重能力的轉位  
Transferring the patient with weight-bearing ability in their lower extremities.

1. 輪椅靠近病人健側邊，約30~45度的夾角，輪椅固定好，病人盡量坐出床緣且雙腳平放地面。

Position the wheelchair next to the patient's sound side at a 30-45 degree angle to the edge of the bed, apply brakes of the wheelchair. Have the patient sit on the edge of the bed with their feet flat on the ground.

2. 照顧者拉緊病人褲頭或腰帶幫助病人站起來，照顧者同時卡住病人膝蓋，以病人健側腳為支點，旋轉至輪椅的座位前。

The caregiver helps the patient to stand up by pulling

the top of the patient's pants or the patient's belt. At the same time the caregiver should secure the patients knees, use the patient's sound foot as pivot, and swing the patient backward to the front of the wheelchair.

3. 最後緩緩坐下。此種方法，可讓病人利用健側邊協助轉位。

Let the patient sit slowly. This method will allow the patient to use their sound side to assist in transfer.

■ 連續圖Diagrams 1.1 - 1.5



1-1



1-2



1-3

# 病人的轉位技巧

Techniques for patient transfer



↑ 1-4



↑ 1-5

## 二、病人下肢不具 承重能力的轉位

Transferring the patient  
without weight-bearing  
ability in their lower  
extremities.

輪椅與床約呈30~45度的夾角，輪椅固定好後，盡量讓病人坐出床緣，照顧者利用雙腳固定病人的雙膝，雙手拉住病人褲頭或腰帶，或者環抱住病人腰際，照顧者雙膝彎曲，下背打直，盡可能讓病人貼近自己以減少施力，以雙腳為支點，再旋轉至輪椅座位前輕輕放下。

Position the wheelchair at a 30-45 degrees angle to the bed, apply brakes. Have the patient sit as close to the edge of the bed as possible. The caregiver should secure the patient's knees with his/her legs, pull the top of the patient's pants or the patient's belt with both hands, or wrap his/her arms around the patient's waist. The caregiver

then bends both knees, straighten his/her lower back, and hold the patient as close as possible. The caregiver then uses both feet as pivot, swing the patient to the front of the wheelchair and gently put the patient down in chair.

**注意：**轉位的過程切勿拉扯病人的上肢，以免造成肩關節受傷。

**Note:** Do not pull on the patient's upper limbs during the transfer, in order to avoid injury to the shoulder joints.

連續圖Diagrams 2.1 - 2.4



← 2-1



← 2-2



← 2-3



← 2-4

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

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