

Sit-To-Stand Devices: An option to transfer patients

Do you know there's another choice besides manually lifting or using a total body lift?

1. You can use a sit-to-stand device to lift patients with less physical effort.
2. It's safer for you and your patients.
3. Some designs can keep your patients actively using their leg muscles and bearing weight with their feet.



Photo from Josephine Sunset, Home SHIP grant.

When should you use lifting equipment?

Use a lift if it takes more effort than lifting a 35-pound load.

A sit-to-stand lift helps transfer patients from one seated surface to another, as shown in the photos. It is especially useful for toileting activities. The patient can be rolled into the bathroom. While supported by the device, a caregiver can safely transfer, balance, and adjust the patient's clothing without a lot of physical effort.

Is a sit-to-stand lift for everyone needing transfer help?

No. Patients must be cooperative, able to sit with no support and without falling over. They can use their leg muscles but can't stand up without help.

If the above aren't true, a total body lift is a better choice. Other reasons to choose a total body lift are: the patient can't understand or follow instructions, is worn out, or is on the floor.



Photo courtesy of Handicare

What are the benefits?

- Improved safety for patients
- More dignified toileting for patients
- Patients can keep using their leg and arm muscles, which may delay physical decline
- Improved safety for caregivers
- Easier for caregivers to use than total body lifts
- Therapists can use some models for gait and balance training



Sit-To-Stand Devices: An Option To Transfer Patients Continued

Mark if desired	Features to consider when buying a sit-to-stand device
<input type="checkbox"/>	Hand-pump (Hydraulic) <ul style="list-style-type: none">▪ Price range: \$800 - \$1300▪ OK for private home setting with 1 patient needing transfer help
<input type="checkbox"/>	Powered <ul style="list-style-type: none">▪ Price range: \$1650 - \$8100 (most are in middle of the range)▪ OK for adult family homes, assisted living, and nursing homes– more than 1 patient needing transfer help
<input type="checkbox"/>	Allows for a more natural standing motion with patients actively participating in the transfer. Natural standing usually starts with heels positioned behind the knees. Look for equipment that places feet close to this position.
<input type="checkbox"/>	Small footprint
<input type="checkbox"/>	Can be used for standing balance and gait training activities
<input type="checkbox"/>	3-in-1 device: For seated full body lift transfers, sit-to-stand transfers, and standing/gait training

Price ranges are current as of June 2017. Prices don't include cost for slings.

Helpful tips

Helpful keywords for web searching:

- “sit-to-stand patient lift with natural motion” (make sure it is for transfers)
- “sit-to-stand patient lift and gait training”

Include caregivers in the selection process. Without buy-in, they may not use the new equipment.

Remember to check the weight capacity for the lift.

Talk with vendors or contact equipment makers to make sure you get the features important to you. Ask vendors to provide training on using the lift.

Other ideas:

- Host a vendor fair to try out different makes and models
- Do live transfer demonstrations and practice with different slings
- Ask for trial periods – try before you buy
- Get caregiver ratings for ease-of-use-, stability, ability to keep clean (infection control), patient’s sense of comfort and security



Photo courtesy of Rifton