How to Use a 3 AND 1 COMMODE

- Commodes have evolved into a basic universal model that can be used as a standalone commode, an over-the-toilet model functioning as a raised toilet or a toilet safety frame. This is how it gets its name as a 3 in 1 commode or all in one commode.

- By bringing the commode closer to the user, the individual has less distance to travel and in some cases can perform toileting activities with little to no help. Weak and unstable patients should never be left unattended.

- The user must be able to stand, pivot and sit down safely in order to use it unattended.

- Commodes can also be adjusted for proper height. You should adjust the height so that the user can safely transfer into and out of the commode.

- The commode buckets are disposable and should be replaced anytime a crack is noticed.

- The user must exert their force of their weight directly over the unit. Instruct users that their weight should not be exerted in any lateral direction or on to one armrest. This can cause the unit to tip over and cause the patient to fall.

- 3 & 1 COMMODES need to be assessed for their proper functions.
  
  ✓ On adjustable legs, retaining pins or clips and all bolted connections need to be checked for security.

  ✓ All tips or suction cups should be intact and not worn.

I understand how to use my 3 & 1 commode and will call or consult my user guide for further instructions.
How to Use a Blood Glucose Monitor

- Prepare the lancing device by inserting a new, sterile lancet into the lancing device firmly until it is in place and removing the protective cap from the lancet’s end.

- Adjust the lancing device’s puncture depth setting for a shallower or deeper puncture setting based on the sample size required by your blood glucose monitor.

- Hold the lancing device firmly against your finger and press the release button, ejecting the lancet from the device and allowing it to puncture your fingertip.

- Squeeze the sides of your fingertip just gently enough to bring a round drop of blood to the surface.

- Insert a test strip into the blood glucose monitor’s test port. Most monitors will turn on automatically when this function is performed. If yours does not, consult your user’s guide.

- Touch the drop of blood on your fingertip to the narrow channel at the top of the test strip and hold it until firmly applied while the meter begins to count down.

- Record your blood glucose testing result, or store it in your monitor if it is equipped with a memory storage feature.

- Remove the test strip from the blood glucose monitor to turn the monitor off and discard.

I understand how to use my blood glucose monitor and will call or consult my user guide for further instructions.
How to Use a Cane

Proper Positioning

- The top of your cane should reach to the crease in your wrist when you stand up straight.
- Your elbow should bend a bit when you hold your cane. Hold the cane in the hand opposite the side that needs support.

Walking

- When you walk, the cane and your injured leg swing and strike the ground at the same time.
- To start, position your cane about one small stride ahead and step off on your injured leg. Finish the step with your normal leg.

Stairs

- To climb stairs, grasp the handrail (if possible) and step up on your good leg first, with your cane in the hand opposite the injured leg.
- Then step up on the injured leg.
- To come down stairs, put your cane on the step first, then your injured leg, and finally the good leg, which carries your body weight.

I understand how to use my cane and will call or consult my user guide for further instructions.
How to Use a Hospital Bed

- When getting ready to get into the hospital bed it is important to make sure that the wheels are locked and the rails are adjusted to the lowest position so that you may get into the bed safely.

- First sit in the middle of the bed and slide yourself back using your feet to push back off the ground.

- Then swing your legs onto the bed while rotating your body 90° so that your body is parallel with the bed.

- Once in the bed you may decide to raise your bed rails or have someone do it for you. You can do this by pulling up on the rails until they lock into place.

- If you are using a semi electric bed you will have a remote that is conveniently located on the side on the bed.

- This remote can be used to raise the head and foot of the bed up and down. The controller allows the user to move the head and foot simultaneously or independently. There are pictures that indicate what each row of buttons does on the controller.

- When you are ready to get out of the bed slowly sit up and swing your legs over to the side of the bed.

- Once you have positioned your feet on the ground slowly stand up using your feet and hands to propel you forward.

- A Wyatt’s Pharmacy staff member will show you how to operate the bed upon delivery so if you have any additional questions you may ask them then.

I understand how to use my hospital bed and will call or consult my user guide for further instructions.
How to Use a Knee Walker

- Position your injured knee all the way forward on the padded seat of the knee walker with the rest of your leg directly behind you. Always keep your knee pointing straight ahead instead of angled outward or inward. Angling your knee could tear and twist ligaments if your knee walker slipped out from under you.

- Hold onto the handles and push yourself forward with your able foot.

- Point the wheels in the direction you want to go and pull the handles upward, making short, even strides.

- Avoid attempting large steps or moving quickly, which can jerk your joints and hinder your balance.

- Use your able leg as a brake if you need to stop. The handle brakes are only for emergencies if you are unable to stop yourself using just your able foot. Remain on level surfaces whenever possible to prevent losing control on a downward slope.

- Exit the knee walker by positioning yourself and the device close to a couch or chair before removing your injured leg from the padded seat. Gently hold the side of the furniture as you ease yourself into a seated position. You can also use the knee walker to elevate your injured leg while lying down or sitting.

I understand how to use my knee walker and will call or consult my user guide for further instructions.
How to Use a Lift Chair

➢ When getting ready to set in the Lift Chair it is important to make sure that the Chair is in the elevated position.

➢ Back up to the chair with your back facing the chair and the back of your calf’s touching the leg rest. Slowly shift your weight to the chair and grab the remote.

➢ Locate the down button on the remote and push it until the chair is sitting flush on the floor and you are seated in the chair comfortably.

➢ While in the seated position, you may choose to recline by pushing the down button or get out of the chair by pushing the up button.

➢ It is important that you do not lift the chair to the highest possible position and then stand up. This will increase your dependence on the chair and decrease your ability to use your own strength to stand up.

➢ Depending on what model your chair is you may have various functions such as; heat, vibrate, and different motor capabilities such as sleeper and dual independent motors.

➢ If you have any issues regarding your lift chair a Wyatt’s Pharmacy Certified Staff member will be more than happy to service your chair. It is important that you never try and repair the chair yourself because this could possibly void any manufacture warranty.

I understand how to use my Lift Chair and will call or consult my user guide for further instructions.
How to Use a Manual Wheelchair

- Place the manual wheelchair on a flat, even surface before attempting to get in or out of the wheelchair. This precaution will stabilize the chair and make getting in and out of the chair easier and safer.
- Place the manual wheelchair in the "lock" position.
- Get into the manual wheelchair. When you are sitting in the chair, you will want to be sitting straight, with your back firmly against the back rest of the wheelchair. Once you are in position, place your feet flat against the two foot rests on the bottom of the wheelchair.
- Release the hand brake.
- Grab the hand rims on the manual wheelchair, the hand rims are the plastic parts that connect to the back wheels of the manual wheelchair. Your thumbs should rest on the base of the rims or wheels. This is always considered the starting position.
- Propel yourself forward with your arms. When you do this, stretch your arms forward and downward in order to move the wheels of the chair forward. Continue this motion in order to go forward.
- Pull on the rims of the manual wheelchair in order to go backward. Your arms should bend as you are pulling backward, similar to a rowing motion. Pull back as far as you comfortably can and then put your hands back to the starting position. Continue doing this motion until you have reached your desired destination.
- To execute a 90-degree turn in your manual wheelchair, hold one wheel still and then push or pull the opposite wheel. When turning backward, you will need to pull back on one of the wheels while holding the other wheel still (depending on which way you wish to turn). Remember to turn the appropriate wheel slowly in order to have control of your turn. Practice this maneuver until you get used to making turns in the wheelchair.

I understand how to use my manual wheelchair and will call or consult my user guide for further instructions.
**How to Use a Nebulizer**

- Wash your hands thoroughly before you use a nebulizer and make sure the equipment is clean.

- If using a multi-dose bottle of medicine when you use a nebulizer, use a dropper to administer the correct dosage of medication into the cup with saline solution. If the medicine is in single-use vials, twist the top off the plastic vial and squeeze the contents into the nebulizer cup.

- Connect the mouthpiece, or mask, to the T-shaped elbow. Fasten the unit to the cup. Connect the nebulizer tubing to the port on the compressor.

- Turn the compressor on and check the nebulizer for misting. When using a finger valve, cover the air hole to force air into the nebulizer. If you are not using a finger valve, the nebulizer will mist continually.

- When you use a nebulizer, sit in a comfortable, upright position and hold the nebulizer in an upright position to prevent spillage. Place the mouthpiece between your teeth and close your lips around it. When using a mask, be sure it fits well.

- Gently exhale. As the mist starts, inhale slowly through your mouth. Take over three to five seconds for each breath while keeping your finger over the valve hole.

- Hold your breath for up to 10 seconds before exhaling. This allows the medication time to deposit in the airway. At the end of a deep breath, uncover the finger valve hole to stop the mist.

- When you use a nebulizer, occasionally tap the side of the nebulizer to help the medication drop to where it can be misted. Continue until the medicine is gone from the cup. The nebulizer will most likely begin sputtering when it is empty.

*I understand how to use my nebulizer and will call or consult my user guide for further instructions.*
How to Use a Patient Lift

- Gently roll the patient on his side. Fold the sling underneath him so half of the sling is rolled out and half is folded. Roll the patient over to the other side and gently pull the folded portion of the sling out from underneath her body. The sling should now be flat.

- Lay the patient on his back so that the sling is in position underneath him. Position the patient lift above the patient. Pull the leg loops of the sling forward and cross each one. The left loop should attach to the right hook on patient lifts, and the right loops should attach to the left hook. This cradles the patient's legs and provides a supportive "seat".

- With both loops in place on their respective hooks, slowly lift the patient by pumping the hydraulic steering handle on the patient lift. Lift the patient so his buttocks is just an inch or two off the bed. If you're using an electric lift, slowly lift the patient by pressing the "lift" button until the buttocks is just an inch or two off the bed.

- Slowly swing the patient's feet to the side of the bed so that she is clear of the bed. The patient should face the lift operator at this time.

- Carefully move the patient to the desired location. If the lift is being used to change bed sheets, change the linens only after the patient is safely out of the way. When the patient has been moved to the desired location or bed linens have been changed, position the patient above the bed so that his feet are facing the foot of the bed.

- Slowly release the control valve located on the patient lift to lower the patient onto the bed. Remove the loops from the hooks and roll the patient carefully onto each side so that the sling can be removed safely.

- A Wyatt's Pharmacy staff member will show you how to operate the lift upon delivery so if you have any additional questions you may ask them then.

I understand how to use my patient lift and will call or consult my user guide for further instructions.
How to Use a PMD

- To begin operating your power mobility device, PMD, it is important that you know how to get on and off of it safely.
- Your PMD has a swivel chair that allows you to turn the chair so that it is easy to set down in and then swing yourself over to the optimal position.
- It is important that before you attempt to get on or off of your PMD that the chair is OFF so that you will not nudge the controller and fall out of the chair.
- Once seated, turn on your power wheelchair by pressing the "On" switch located on the controller. If your PMD has a key you need to insert it and turn it before you press the on button.
- After the PMD is turned on you need to adjust the speed before you begin operating it. Make sure that you begin at a low speed and gradually increase the speed at a comfortable level as not to damage the wheelchair or yourself. Never operate the PMD at full speed if you are not comfortable with the acceleration.
- Once you have started the PMD you may use the joystick on the controller to maneuver yourself. Pressing the joystick in different directions will allow you to move about your home safely and effectively.
- When you are done operating your PMD it is time to park it in a safe location out of the way and turn it off. Once you have turned the chair off you may rotate your seat and exit the chair slowly and cautiously so that you do not injure yourself.

I understand how to use my power mobility device and will call or consult my user guide for further instructions.
How to Use a Rollator

- With the seat flat and the wheels on the ground lock the brakes by grabbing the levers on both of the handles and pushing down towards the floor until you hear them click.

- At this position you may adjust the height of the handles so that they fit you comfortably, generally your elbow will bend at a 30-45° angle.

- When you’re ready to walk, place both feet in the middle of the frame. Your feet should be side by side and your hands should be holding onto the handles.

- The brakes can be unlocked by squeezing the handles until you hear the same clicking or snapping noise heard when the brakes were locked.

- You then may take moderate steps and push the walker at the same time. The motion is similar to pushing a shopping cart.

- When you are ready to sit, the rollator should be placed in a locked position. If the device will not move when pushed, then it is locked and therefore, it is safe to sit down.

- The device will not be able to be unlocked from a sitting position. This means that once the user is ready to walk, he or she will need to stand up and repeat the aforementioned steps.

- Never sit in the rollator and roll around. This can damage the frame, possibly cause injury, and will void the warranty on the device. The seat is only intended for you to sit in one stationary position while the brakes are locked. When you are ready to move you need to stand upright and follow the aforementioned steps.

I understand how to use my rollator and will call or consult my user guide for further instructions.
How to Use a Transport Wheelchair

- Place the transport wheelchair on a flat, even surface before attempting to get in or out of the wheelchair. This precaution will stabilize the chair and make getting in and out of the chair easier and safer.
- Place the transport wheelchair in the "lock" position.
- Get into the transport wheelchair. When you are sitting in the chair, you will want to be sitting straight, with your back firmly against the back rest of the wheelchair. Once you are in position, place your feet flat against the two foot rests on the bottom of the wheelchair.
- Release the brakes located on the back of each wheel.

Transport Wheelchair Warnings

- Footrests should be no less than 2 ½ inches from the floor.
- Do not stand on or put pressure on footrests when entering or exiting the wheelchair.
- Do not lean over the top of the wheelchair back. This can cause the wheelchair to tip over.
- Do not use the wheel locks to slow your descent down an incline.
- When going down a hill, changing directions can cause instability.

I understand how to use my manual wheelchair and will call or consult my user guide for further instructions.
How to Use a Walker

- When holding onto your walker, your elbows should be bent in a position that feels comfortable and natural.

- The top of your walker should be even with the crease on the underside of your wrist, after relaxing your arms at your side.

- Walkers that are too low cause you to stoop over while you walk and may cause aches and pains.

- When you are ready to start walking, push the walker slightly ahead of you, then step into the walker.

- Keep that pattern going -- walker slightly ahead, then step into the walker.

- The key point is that you should never have the walker too far ahead of you and you should have excellent posture as you take your steps.

- Do NOT look at your feet; look in front of you at all times to keep yourself from tripping.

- If you are sitting, put the walker in front of the chair.

- Move forward in your chair, place your hands on the arms of the chair and push up. Switch your hands to the grips on your walker.

- If you are ready to sit down, stand with your back to the chair. Touch the back of your legs to the chair so you know you are close enough to sit down. Switch your hands from the walker to the arms on the chair. Then sit down slowly.

I understand how to use my walker and will call or consult my user guide for further instructions.