

## II. Transfer: From wheelchair to dental chair - two-person method

The two-person method is designed for heavier patients and allows less experienced caregivers to safely perform a transfer

1. Approach
2. Wheelchair positioning and braking
3. Caregiver position and posture
4. Transfer process

1

### 1. Approach

"Hello, Mr./Ms.  $\triangle\triangle$ . I am a clinical intern and my name is  $\circ\circ$ . "  
"I would like move you to the dental chair. May I do that now?"

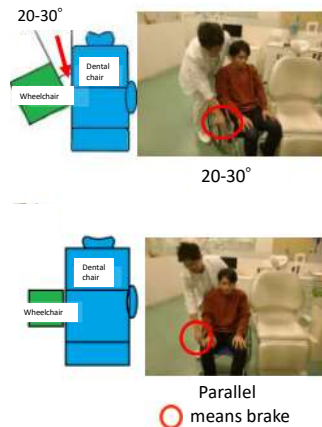
2

### 2. Wheelchair positioning and braking

(1) Position wheelchair close to the dental chair.

(20-30 degrees or parallel)

The angle between the wheelchair and dental chair should be parallel, or up to 20 to 30 degrees. Reduction of travel distance is the key factor.



(2) Lock the wheels.

3

### What are the positions of the wheelchair and dental chair?

- The position between the wheelchair and the dental chair is generally considered to be adequate at 20-30 degrees, though parallel is also mentioned. We found no literature supporting either.
- This text is based on the principle of shortening the distance to be traveled, and specified as 20 to 30 degrees or parallel.

4

(3) Position the dental chair to be at the same height as the wheelchair

Adjust the dental chair seat to the same height as the wheelchair seat.

Reduce the horizontal movement distance as much as possible.



If the armrest can be removed, make sure the wheelchair seat and the dental chair seat are at the same height.



5

### 3. Caregiver position and posture

- (1) Caregiver stands behind the wheelchair.
- (2) Asks/helps the patient to cross their arms across their chest.
- (3) Caregiver places both arms under the patient's upper arms and grasps their wrists.



Holding the wrist on the ipsilateral side may cause the arm to open, leading to an accident.



The caregiver grasps the patient's right wrist with the left hand and the left wrist with the right hand.

6

(4) When the caregiver is on the upper body side, both legs should be opened for stability

Widen the angle of the feet  
Lower the center of gravity  
Keep close to the patient's body  
Bend the back as little as possible.  
Step with both legs open

Sometimes a caregiver will grasp the patient's arms after opening both legs.

It is important that the caregiver has both legs open before the transfer.



7

(5) When the caregiver is on the lower body side, both legs should be opened and the patient's knees held

Widen the angle of the feet  
Lower the center of gravity  
Keep close to the patient's body  
Bend the back as little as possible  
Step with both legs open



8

#### 4. Transferring patient to dental chair

- (1) Caregiver on the upper body side initiates and leads the lift with a prearranged count (ex. "1-2-3-lift").



The caregivers lower their center of gravity.  
Use muscles in the lower extremities  
The caregiver should bend their back as little as possible  
Perform transfer by caregivers shifting their weight

9

- (2) The caregiver supports the patient until stabilized with their back against the backboard of the dental chair



The caregiver should remain on the upper body side and support the patient's body until the end of the examination.

10

### III. From dental chair to wheelchair

1. Talk to the patient and explain
2. Wheelchair positioning and braking
3. Caregiver position and posture
4. Transferring

11

#### 1. Talk to the patient and explain

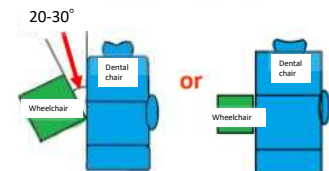
Inform the patient that they will be transferred to a wheelchair.  
"We are now going to move you to a wheelchair."

#### 2. Wheelchair positioning and braking

- (1) Position the wheelchair close to the dental chair.

(20-30 degrees or parallel)

The angle between the wheelchair and the dental chair should parallel if possible, or 20 to 30 degrees to reduce the travel distance.



- (2) Lock the wheels.

- (3) Position the dental chair to be at the same height as the wheelchair.



12

(parallel or 20-30 degrees =)  
The angle between the wheelchair and the dental chair should be parallel or up to 20 to 30 degrees to reduce travel distance.

13

### 3. Caregiver position and posture

- (1) The caregiver stands behind the wheelchair
- (2) The caregiver places their arms under the patient's upper arms and grasps their wrists.
- (3) Stay close to the patient and make their body as round as possible.



14

- (4) When the caregiver is on the lower body side, open both legs and hold the patient's knees.

Widen the width of the feet  
Lower the caregiver's center of gravity  
Bend the caregiver's back as little as possible  
Transfer the patient by shifting weight



15

### 4. Transferring

- (1) Transfer on cue.

Transfer slowly on the cue of the upper body side caregiver.

Horizontal shift  
Reduce travel distance



16

(2) Fit the patient's body to the wheelchair

Seat the patient deeply in the wheelchair.  
Ensure that the patient's body is not leaning.  
Place the patient's feet on the footrests.

- a. The caregiver holds the patient's wrists.
- b. The caregiver should bend their back as little as possible.
- c. Extend one leg backward (increase the width of the feet).
- d. The caregiver pulls and moves the patient's body (no lifting).



17

- e. Place patient's feet on the footrests.



18

In clinical practice, only a two-person method will be used.

References

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19