

# Moving and Handling Policy

## A Guide for Patients, Relatives, and Friends

Ashford and St Peter's NHS Foundation Trust has adopted a minimal handling approach when assisting patients with their mobility needs; ensuring safety for both patients and our staff.

**This is in line with the Health and Safety at Work Act (1974) and the Manual Handling Operations Regulations (1992) (amended 2007).**

During your relative/friends stay with us in hospital, patients will be encouraged to move themselves and maintain independence wherever possible.

An assessment of their mobility needs will be carried out on admission and documented as part of their care plan. This plan will be reviewed and updated as necessary.

Patients who do require assistance with their mobility needs will be given the necessary guidance and /or mobility aids. These will include, slide sheets, hoists, standing hoists, walking frames for example. Aids such as these will improve safety and comfort, and will in turn help towards patients regaining independence and recovery where appropriate.

Our Trust has a responsibility to look after our staff. One in four nurses for example in the UK has taken time off with back pain, strain or injury sustained at work, for a few, this has meant the end of their nursing career. (RCN 2005)

If your relative/friend uses mobility/walking aids at home please inform the staff, who may advise bringing it in where appropriate. If a patient is attending an outpatient appointment, please inform the department re any mobility issues in order for the staff to plan ahead for you.

### Further Information

If you have any concerns or queries, please contact the Moving and Handling Team on 01932 872000 ext. 3664

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



**To use the Text Relay service, prefix all numbers with 18001.**

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔  
 ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪاً ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553  
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں  
 Se precisa de uma tradução por favor contacte: 01932 723553

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 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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