

**SKILLS FRAMEWORK FOR HEALTHCARE
TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT**

TSC Category	Patient Care					
TSC	Mobility and Ambulation Assistance in Nursing					
TSC Description	Provide mobility and ambulation assistance to patients					
TSC Proficiency Description	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
		HCE-PTC-2023-1.1	HCE-PTC-3023-1.1	HCE-PTC-4023-1.1	HCE-PTC-5023-1.1	
		Assist in ambulation, mobilisation, positioning and transfer of stable patients	Facilitate and support patients' functional and mobility status	Assess and formulate nursing care plans to promote mobility and ambulation of patients	Drive fall prevention strategies and approaches	
Knowledge		<ul style="list-style-type: none"> Environmental factors in relation to prevention of falls Organisational workplace safety and health procedures Fall prevention strategies and approaches Basic structure and functions of the musculoskeletal system Factors affecting mobility and ambulation Organisational procedures for safe lifting, transferring and positioning of patients Techniques in safe lifting, transferring and positioning of patients Types, functions and uses of mobility aids, support and devices 	<ul style="list-style-type: none"> Anatomy and physiology of musculoskeletal systems Factors affecting safe mobility and ambulation Types of assistive devices for safe mobility and ambulation Equipment and supporting devices used during transfer Range of movement and strengthening exercises Patient education guidelines on fall prevention 	<ul style="list-style-type: none"> Types of functional assessment tools Neurovascular, cardiorespiratory and musculoskeletal assessments Post-fall analysis and management Inter-professional collaboration including with physiotherapy and occupational therapy Competency assessment methods and guidelines for junior nurses and ancillary staff 	<ul style="list-style-type: none"> Current falls prevention strategies and approaches New innovative fall prevention measures 	
Abilities		<ul style="list-style-type: none"> Assess patients for level of assistance required on mobility and ambulation prevention strategies Assess environments for any obstructions Support the patients' use of adaptive devices for safe mobility and ambulation as Apply precautionary measures to prevent fall incidences Check equipment and items required are 	<ul style="list-style-type: none"> Assess medical, functional and behavioural aspects of patients to prevent fall incidences Promote patient independence during transfers, if appropriate Provide guidance and supervision to junior healthcare personnel on safe mobility and ambulation assistance for patients 	<ul style="list-style-type: none"> Implement goals of activity with patients and caregivers Collaborate with the inter-professional teams for safe ambulation and mobilisation for patients Perform fall risk assessments Investigate circumstances of fall incidences Assess the competency levels of junior healthcare personnel in providing 	<ul style="list-style-type: none"> Oversees implementation of current fall prevention strategies and approaches Review current fall prevention strategies and approaches Initiate new innovative fall prevention measures 	

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		<p>functioning before patient transfers</p> <ul style="list-style-type: none"> • Perform safe lifting, transferring and positioning of stable patients in accordance with organisational policies 	<ul style="list-style-type: none"> • Educate patients and caregivers on fall prevention strategies 	<p>safe mobility and ambulation assistance to patients</p> <ul style="list-style-type: none"> • Conduct in-service training for junior healthcare personnel on safe mobility and ambulation assistance • Supervise junior staff on correct body mechanics in mobility and ambulation assistance 		
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