Here is what our floor units where provided:

Keeping explanations brief are helpful as the patient is just hours after general anesthesia and may be quite impaired.

Suggested scripting for ambulating a patient after surgery:

“Hello, I’m Masako and I will be your nurse. Let’s see how much you remember from Spine Camp. Can you tell me what ‘no BLT’ means? Let’s log roll toward me...we are going to sit at the edge of the gurney for a bit before we walk into your room,” [Have walker and gait belt handy]

If they resist:

“I’m sorry, I know you’re uncomfortable. Laying still for a while will make you stiff. Let’s get moving and loosen up those muscles,”

“Just like they talked about before surgery, moving will get the stiffness out and make you feel so much better,”

“Let’s stand up at the edge of the gurney. Now, would you like to walk to the bed or the chair?”

If they are not steady on their feet or resist further, then it’s best not to force them. Get them transferred to the bed then try again in an hour.

“OK, let’s get you moved over to the bed. I will be back in about an hour and we can try again,”