



Guldmann™

## Guldmann Trainer Sling – Quiz

1. Which care tasks would you select the Guldmann Trainer Sling to help you perform:

- A. Ambulation and specific gait pattern training
- B. Support patient during balance training
- C. Transfers from bed to chair or commode
- D. Moving from sitting to standing
- E. **All of the above**

**Answer E**

2. How do I determine what size to select for a Trainer style sling?

- A. Refer to Guldmann Sizing Guide for Trainer sling styles
- B. Choose the same size sling that the patient uses in Basic High sling for seated transfers
- C. Measure around the abdomen of your patient
- D. **A and C**

**Answer D**

3. How do you know when a Guldmann Trainer Sling should be taken out of service?

- A. A buckle part is missing from a securing strap
- B. The 'Do Not Wash' label appears visible on the Disposable Gait Trainer
- C. The label is illegible on the Trainer sling
- D. **All of the above**

**Answer D**

4. You are using a Trainer sling and becomes soiled during a care task, what do you do with the Guldmann Trainer sling when the care task is complete?

- A. Single patient use slings can be discarded
- B. Reusable/washable Trainer slings are put into the appropriate linen hamper
- C. Always discard all slings after use
- D. Use sling for the next patient
- E. **A and B**

**Answer: E**

5. When do you explain use for and purpose of the Trainer sling to your patient?

- A. Only when you have time to give an explanation
- B. Only when there are family members in the room
- C. Only for patients that may complain about the use of slings
- D. **None of the above**

**Answer: D**

6. **What should you do if you need to use the Trainer sling to assist your patient to standing and transfer, but you do not remember how to use it properly?**
- A. Ask your strongest co-worker to help manually lift and then support the patient with you
  - B. Ask your unit peer leader or co-worker to review how to apply and use the Trainer sling with you for the task
  - C. Skip getting the patient to standing and walking and defer to another time or day.
  - D. Do a quick review of the instructions and video for this sling which are available on the available learning platform or Guldmann Academy

E. **B and D**

**Answer: E**

7. **I can use the Trainer sling to stand a patient whose both lower extremities are completely flaccid.**

A. True

B. **False**

**Answer: B False**

8. **What therapy and rehabilitation activity can the Trainer slings assist?**

A. Going up step(s) or a curb

B. Progressing balance, strength and posture by sitting on a therapy ball

C. Standing at a sink, table or counter to wash face and brush teeth

D. Dynamic body weight support during gait training and functional activity

E. **All of the above**

**Answer: E**

9. **Where is the appropriate anatomical location to place the Active Trainer sling on the patient?**

A. Under the axillae (under arms)

B. Lower chest

C. Upper abdomen

D. **B and C**

**Answer: D**

10. **I should consider using the Bariatric Gait Sling if my patient's body has a much larger dimension than the Active Trainer, Disposable Gait or Gait Trainer sling can accommodate.**

A. **True**

B. False

**Answer: A**