

Four Field-Tested Approaches For Toileting with the TRAM

The Rifton TRAM is a remarkably simple solution for toilet transfers, ensuring safety and dignity for both clients and caregivers. Here are four approaches developed by clinicians in the field to accommodate different body types and impairments.

Method 1

For client with good trunk tone and weak lower extremities



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A

Position the forearm supports as far forward as possible. This will allow the client to pull with forearms and maintain position during transfer. Hook the front thigh strap ring onto the yellow clip at the front of the TRAM body support, and the back thigh strap ring onto the red or white clip for better access to clothing. Encourage the client to actively press down with thighs on the straps to maintain position during transfer.



B

Bring the TRAM and client in front of the toilet. Adjust clothing as far as the thigh straps allow.



- C Lower the TRAM to seat the client** comfortably on the toilet. Further adjust clothing. After toileting, perform initial adjustment of clothing, sliding garments as far up beyond the thigh straps as possible, and re-adjust the body support and thigh straps as needed to assure safe transfer.

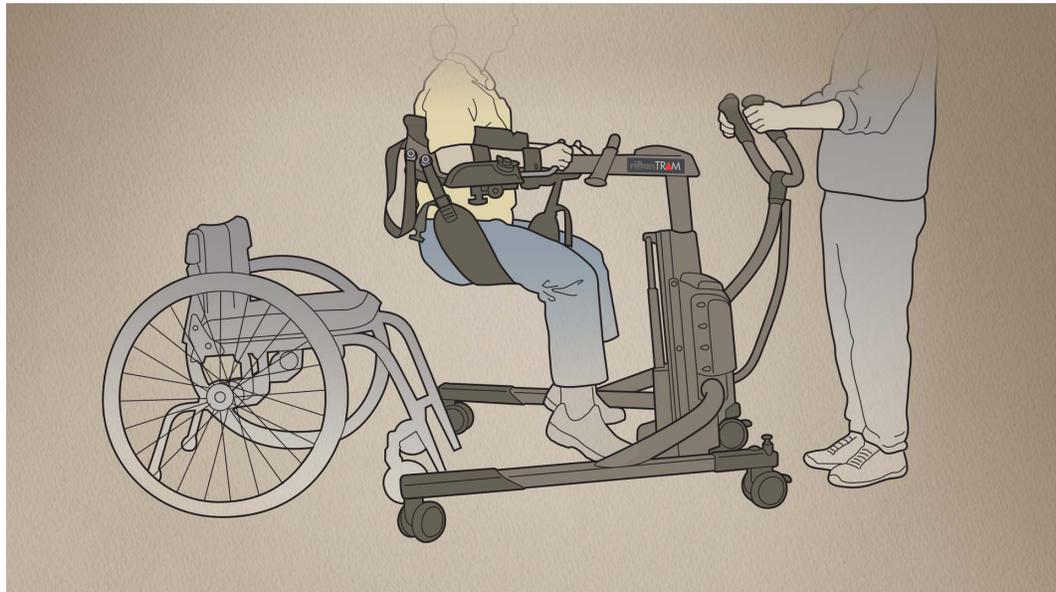


- D Raise the client up** from the toilet. Complete clothing adjustment and transfer the client back.

3

Method 2

For clients with moderate weight bearing ability and poor trunk tone



- A** Place the forearm supports directly under the shoulder girdle. This will allow the client to lean onto them, helping to support body weight (important later in the transfer). Hook the front thigh strap ring onto the yellow clip at the front of the TRAM body and the back thigh strap ring onto the blue or gray clip for best support during the seated transfer.



- B** Bring the TRAM and client in front of the toilet. Raise the TRAM high enough so that when the thigh strap is loosened, the client's leg lowers into a standing position. Lengthen the thigh straps to lower each foot slowly to the floor, encouraging the client to stand and bear weight. Then unhook the thigh straps.



C Lock the TRAM casters and adjust clothing.



D Unlock the TRAM casters and lower the client into a sitting position on the toilet.



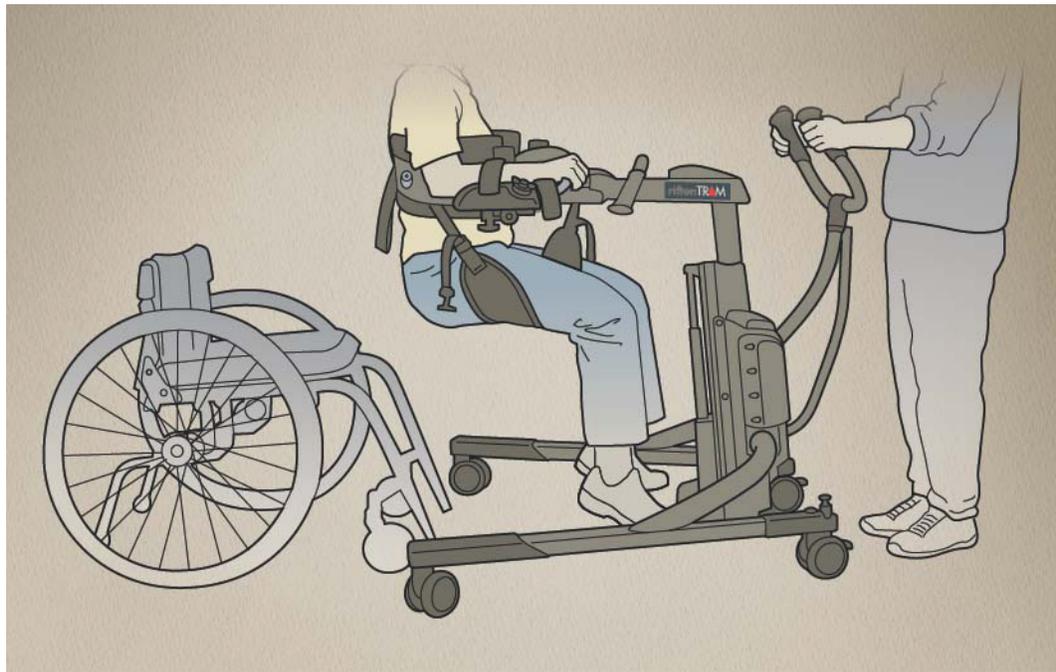
- E** After toileting, perform initial adjustment of clothing, sliding garments as far up beyond the thigh straps as possible. Re-adjust the body support and thigh straps to assure safe transfer.



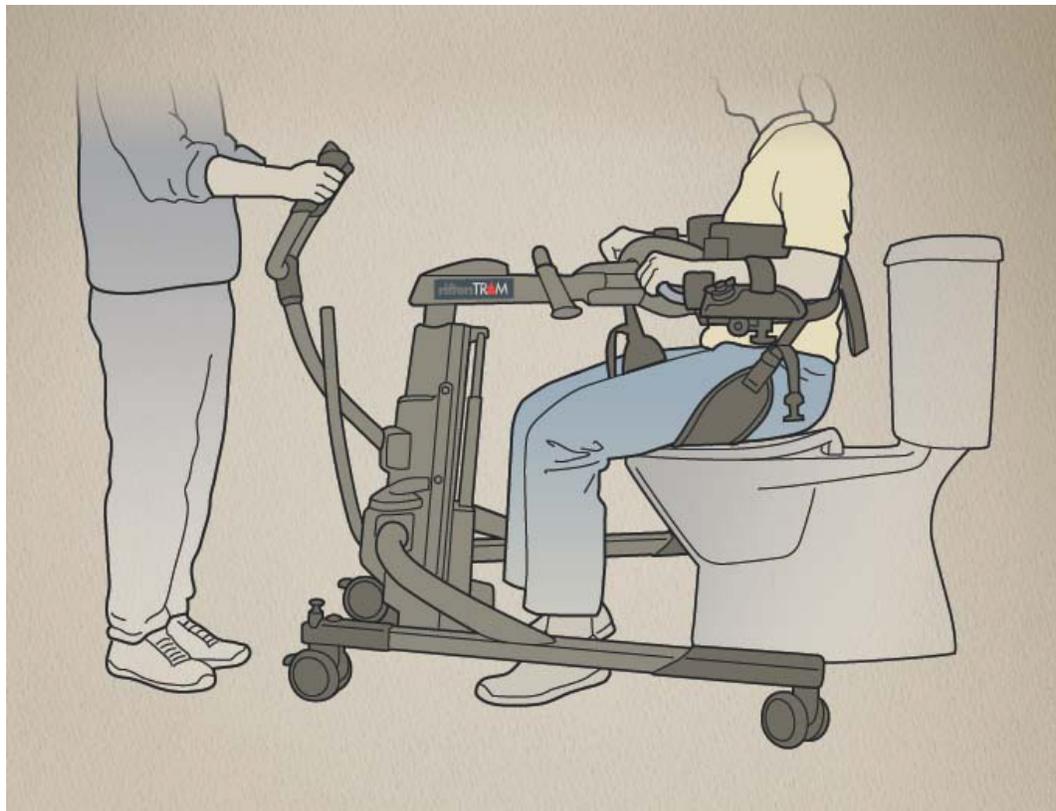
- F** Raise the client up from toilet. Complete clothing adjustment. Transfer the client back.

Method 3

For clients with poor tone of the shoulder and hip girdles (such as clients with muscular dystrophy)



- A** **Position the forearm supports below or slightly in front** of the shoulder girdle. This will allow the client to lean onto them, helping to support some body weight (important later in the transfer). Place the body support low and snug around the trunk. It may be helpful to cross the thigh straps when attaching the front rings to the yellow hooks at the front of the body support. This reduces abduction of the legs during the transfer. Hook the rear thigh strap rings onto the blue or gray clips for best support during a seated transfer.



- B** **Bring the TRAM and client in front of the toilet.** Seat the client comfortably on the toilet, fully clothed.



C Remove the thigh straps.



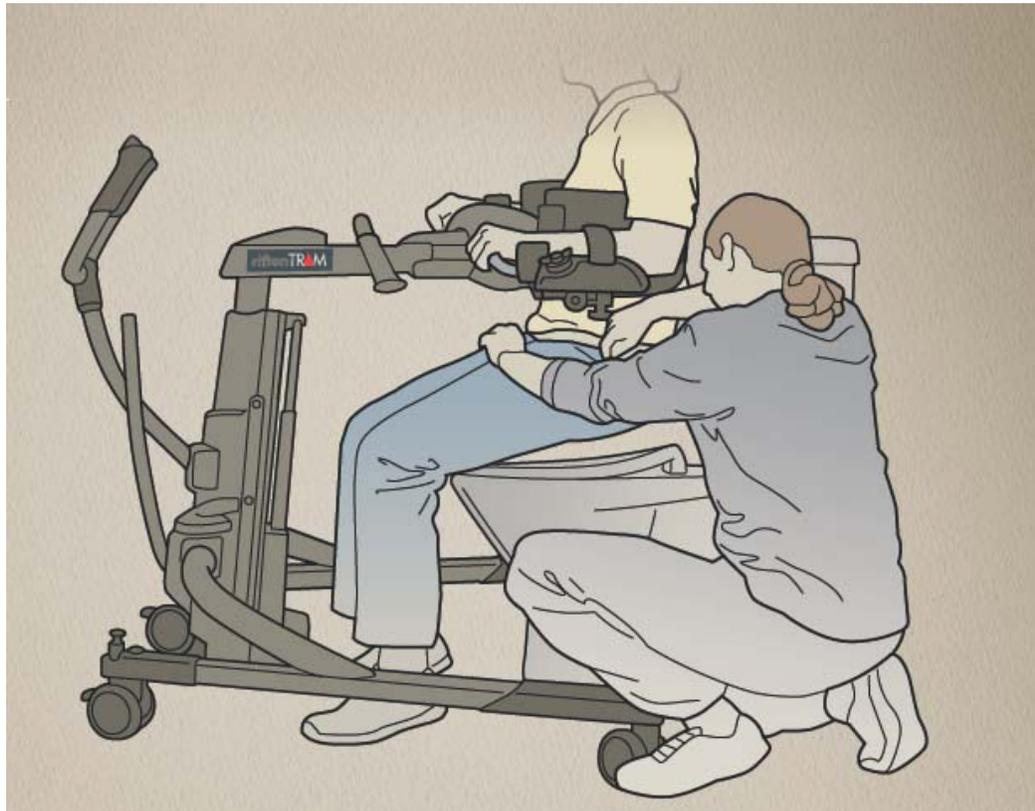
D Check that the forearm supports and body support are securely positioned.



- E** **Raise the client a few inches** up from the toilet. Encourage the client to bear weight and lean into forearm prompts. Lock the TRAM casters. Quickly remove clothing. When clothing adjustment is complete, unlock the TRAM casters and return the client to the toilet seat.



- F** **The caregiver may choose** to release the body support buckle while client is seated on the toilet.



- G** After the toileting episode, make sure the **body support** is secure and that the client's feet are on the floor. Encourage weight-bearing. Lock the TRAM casters. Raise the client a few inches and quickly re-adjust clothing. When clothing adjustment is complete, unlock the TRAM casters and return the client to the toilet seat.



- H** Re-position and secure the thigh straps.



- 1 **Raise the client up from toilet** and transfer to seating surface.

Method 4

For clients with moderate trunk tone, shoulder integrity, weight bearing ability, and optimal body weight



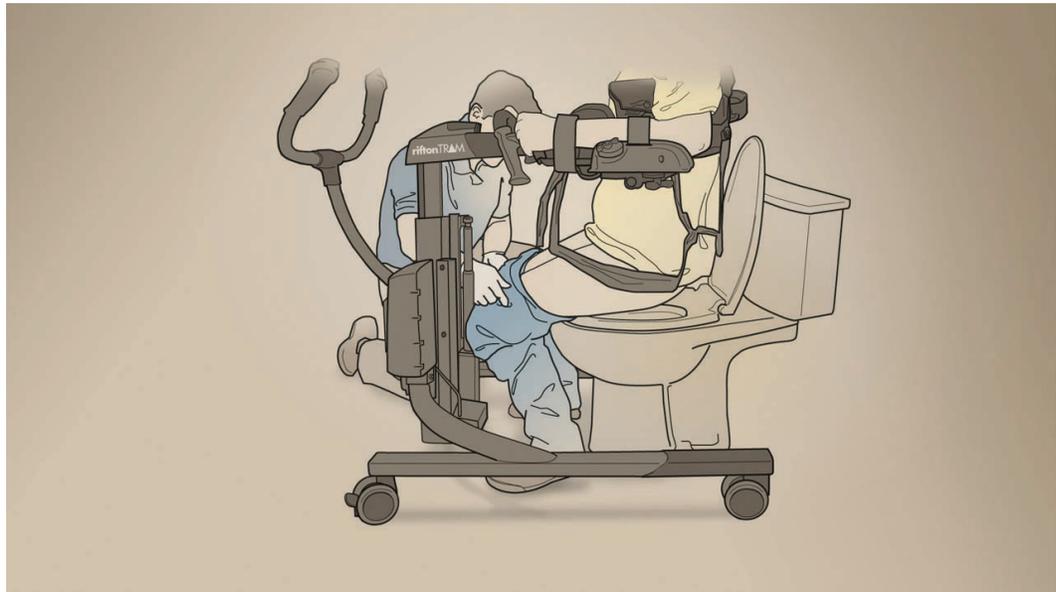
- A** Place the forearm supports in the forward-most position. This will allow the client to pull with forearms and maintain position during transfer. Hook the front thigh strap rings onto the yellow clips at the front of the body support, and the back thigh strap rings onto the red or white clips for best access to clothing. Encourage the client to actively press down with thighs onto the straps to maintain position during transfer.

You may choose to use a third strap, attached from the white or blue clip on one side to the same color clip on the other side, to provide additional support during the transfer. Remove this third strap once the client is positioned over the toilet.



- B** Position the client in the TRAM over the toilet seat, leaving just enough clearance to adjust clothing. Lock the casters. While the client remains supported by the TRAM, support the client's thigh with one hand and with the other hand remove the front ring of the thigh strap. Gently lower the leg so the client's foot is touching the floor and bearing some weight. Repeat with the other leg.

Note: You may choose to do an initial adjustment of the client's clothing, bringing the pants down as far as possible while the client is still fully supported by the TRAM before removing the thigh straps. Yet another variation on this method is to gently seat the client on the toilet seat, and only then remove the thigh straps and complete the removal of the clothing in this seated position after initial clothing adjustment.



- C** **Adjust clothing for toileting.** Lower the client onto the toilet seat and further adjust clothing as necessary. The client remains seated on the toilet while fully supported by the TRAM.



- D** **When toileting is completed,** perform initial adjustment of clothing, sliding garments as far up beyond the thigh straps as possible. Re-adjust the body support and thigh straps as needed to assure safe transfer. Then raise the client slightly and adjust clothing as far as possible. Reattach thigh straps, supporting each leg during this process. Make sure that the client's clothing is above the thigh straps. Raise the client higher and move away from toilet to finish adjusting clothing. Transfer the client to seating surface. You may choose to use a third strap, either 5" or 7" wide (not shown here). This will attach from the white or blue clip on one side to the same clip on the other side, and is placed after clothing adjustment is completed, to provide additional support during the transfer.