

A BRIEF LOOK AT -



POSITIONING/TURNING IN BED

There are times when you will be assigned the Task of positioning/turning a patient/client who is in a bed. It is important to do it safely for him/her and you. Let's review the basic principles of good body mechanics first.

BODY MECHANICS REVIEW

- Maintain good posture and proper body alignment. Keep your back straight with knees slightly bent and your body weight evenly distributed on both feet.
- Place your feet about 12 inches apart to maintain a broad base of support when positioning/turning someone in bed.
- Use groups of larger stronger muscles that are found in the shoulders, upper arms, thighs, and hips when positioning/turning someone in bed.
- Position yourself so that you are close to and facing the bed.
- Use both arms and hands when positioning/turning someone in bed.



- Bend your hips and knees while keep your back straight and push, using the thigh muscles when positioning/turning someone in bed.
- Wear sensible, close-toe, non-slip low heeled shoes.
- Immediately report any employee injury to the office.

POSITIONING A PERSON IN BED

This lesson provides general information about positioning a person in bed. Always follow your Supervisor's instructions because there could be special circumstances in place for your patient/client.

Some people spend hours in bed due to their physical disability or intellectual impairment. Some people can position themselves on their own or need just minimal assistance and can direct you in helping them. Others need you to position them due to their functional impairment in order to prevent pressure sores, which are called pressure ulcers, also, and contractures. Your supervisor might assign you a specific turning schedule. Every two hours is the accepted standard. Your Supervisor will fill in the hands on the clock on the documentation form if it is appropriate.



There are three basic positions used:

Lateral - on the side



Prone - on the stomach



Supine - on the back

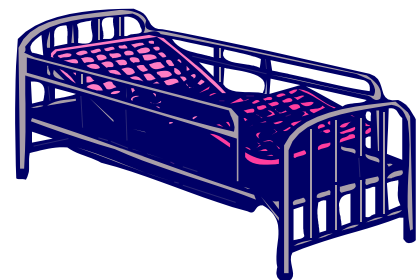
STEPS

It is better to have someone to help you. This information is provided to give you the basic steps in turning and positioning a person in bed if you are working alone. If someone is helping you, the steps would be the same except your "lift buddy" will do them on the other side of the bed so you don't have to walk around. You give the direction when ready by saying "1, 2, 3, lift."

If the person in the bed can help you, give the direction to "lift your hips," "roll to the other side of the bed," "hold onto the side rail," as appropriate.

Turning

- * Gather the supplies you'll need to position the individual.
- * Wash your hands.
- * Tell the individual what you are going to do.
- * Provide privacy.
- * Check the person to see if s/he is sweating or has soiled herself/himself. Wash the person first to provide comfort measures. (If you did, wash your hands again.)
- * Plan your movements in advance.
- * Lock the bed.
- * Lower the head and foot of the bed if they are elevated.
- * Raise the bed to your waist level.
- * Remove any pillows in the bed.
- * Lower the side rail of the bed on the side where you are working.



- * When working alone, it is best to move the upper and lower parts of the body separately.
 - * To move the upper body, slide one arm under the head and shoulders and one arm under the back; slide the upper body toward you.
 - * To move the lower body, slide one arm under the hips and one under the thighs; slide the lower body toward you.
 - * Be sure the head, shoulders, hips, and legs are in proper alignment.

Positioning

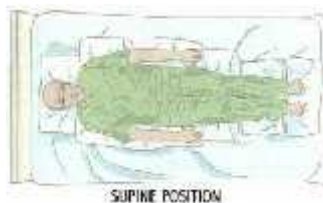
Always take into consideration any specific disability the individual has. Support any affected limbs when moving them. Follow specific instructions your Supervisor gives to you, especially about the placing of pillows and other supports.

Always make sure the sheets under the person are not wrinkled. Be sure the pillow cases on the pillows or other supportive devices are clean and are not wrinkled.

Always make sure the person is not laying on any tubing that might be in use.

There are variations of the basic positions such as right and left lateral recumbent, Fowler's, and others. They all start with the following three basic positions.

Supine - on the back



- * The head should be 2 to 3 inches from the head of the bed and should be positioned in line with the spine.
- * Put a pillow under the person's head.
- * Place pillows or trochanter rolls should be placed next to each hip to prevent hip flexion.
 - * A trochanter roll is a bath blanket or something similar that is rolled to make a supportive device to reach from above the hips to above the knees.
- * Bend the person's arms at the elbow and let them rest at the sides of abdomen.
- * Place a pillow under and a bit below the knees.
- * Place a pillow at the feet so they are supported with the toes pointing strait up and the ankles are at a 90 degree angle.
 - * A foot board may be used if needed.

Prone - on the stomach



- * Turn the head to either side.
 - * Place a pillow under the person's head.
- * Bend the arms at the elbows and place them away from the sides.
- * Place a pillow under the stomach.
 - * The thickness of the pillow may vary from thin to medium.
- * Place a pillow under the lower legs to keep the feet off the bed.

Lateral - on the side



Right lateral position.

- * Right lateral means the person is on the right side.

- * Left lateral means the person is on the left side.

- * Place a pillow under the person's head.

- * Check to be sure the person is not laying on the arm next to the bed.

- * The palm should be placed facing up.

- * Place a pillow under the arm that is not touching the bed

- * Bend the upper leg (the one not touching the bed) and place a pillow between the knees.

- * Place pillows and/or other supportive devices along the person's back to keep the body in proper alignment.

- * Raise the side rails.

- * Raise the head and/or foot of the bed if appropriate.

- * If there is one, position the call light in easy reach.

- * Tidy the person's immediate area.

- * Wash your hands.

Follow-up

If required for your assignment, document the turning and positioning as instructed by your Supervisor.

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QUIZ

1. An essential element of good body mechanics is to wear shoes that are in style.
 True
 False
2. A person who is in bed most of the time should be turned and repositioned at least every two hours.
 True
 False
3. You should gather your supplies, wash your hands, and tell the person what you are going to do.
 True
 False
4. The three basic types of positioning include:
 - a. Lateral
 - b. Prone
 - c. Supine
 - d. All of the above.
 - e. None of the above.
5. None of the positions listed above should be used unless instructed by your Supervisor.
 True
 False

Signature

Date

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ANSWER KEY

1. False

2. True

3. True

4. d

5. True