

Thursday, 18 November 2021

Nursing

Repositioning Techniques
• Comfort • Pressure Relief • Support •

Supine Position

Regularly changing a patient's lying position is one of the best ways to prevent pressure ulcers. One option is to position the patient on their back in the supine position.



Diagram A: The supine position is one option to support the knees and offload the feet. One pillow is placed under the knees and another pillow is placed under the ankles.



Diagram B: If there are unable to strengthen, place an additional pillow under the knees to support the joints.

30 Degree Side Tilt

Another option is the 30 degree side tilt. This repositioning technique lifts the body at 30 degrees sideways onto their side, with the use of pillows. The slight tilt enhances patient comfort and offloading pressure forces across part of the surface. The use of pillows is a key component to help the shoulder, hip & another one and supported, aligned and not twisted.



Diagram 1: Using 3 pillows: manual handling techniques can be used to assist in moving the patient. Place pillows between the patient's upper leg to stabilize the upper leg and to keep the feet.



Diagram 2: Fold a pillow along the length of the patient's lower leg. Roll the corner of the pillow under the patient's lower leg to support the knee. The pillow should be placed under the knee to support the knee.



Diagram 3: Place the patient's feet on a pillow. Place the pillow under the patient's feet and place the patient's upper leg on a pillow. Place a pillow under the patient's feet to support the feet and to keep the feet.



Diagram 4: Place the pillow under the patient's feet and place the pillow under the patient's feet to support the feet and to keep the feet.



Diagram 5: The 30 degree side tilt position is a key component to help the shoulder, hip & another one and supported, aligned and not twisted. Place a pillow under the patient's feet and place the pillow under the patient's feet to support the feet and to keep the feet.



Diagram 6: The 30 degree side tilt position is a key component to help the shoulder, hip & another one and supported, aligned and not twisted. Place a pillow under the patient's feet and place the pillow under the patient's feet to support the feet and to keep the feet.

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To mark World Stop Pressure Ulcer Day on 18 November 2021 the Northern HSC Trust has produced this poster which has been supported by the Regional Pressure Ulcer Prevention Group led by the PHA. It is available for staff in any HSC organisation or the private/independent care home sector to download to assist staff in patient/client Repositioning Techniques.

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