

POSITIONING THE RESIDENT

PURPOSE:

1. To change the resident's position using good body mechanics.
2. To relieve pressure and prevent skin breakdown.
3. To relieve pain.
4. To promote proper body alignment.

EQUIPMENT:

1. Pillows large and small as indicated.
2. Positioning devices such as wedges, pillows, etc.
3. Food board as indicated.
4. Hand rolls/splints as ordered/indicated.
5. Protective devices as indicated.
6. Other equipment necessary to maintain resident in good body alignment.

PROCEDURE:

1. Explain procedure to resident. ALWAYS OBTAIN HELP WHEN NEEDED. LOOSEN RESTRAINTS WHEN POSITIONING OR MOVING A RESIDENT IN BED, if applicable.
2. Adjust your own posture.
 - A. Use good body mechanics:
 - 1) Maintain wide base of support with feet apart.
 - 2) Stand with one foot forward, toes pointed in direction of movement.
 - B. Maintain natural spinal curves.
 - 1) Stabilize pelvis.
 - 2) Chest up and forward.
 - 3) Head erect.
3. Stand close to resident, bend from hips and knees.
4. Arrange a signal for nursing staff and resident to work together.
5. TO PULL RESIDENT TO NEAR SIDE OF BED:
 - A. Slip both hands under resident's shoulders, palms up.
 - B. On signal, pull toward you.
 - C. Slip hands, one low at the back, the other under hips close to thighs, palms up. On signal, pull toward you. Place hands under knees and ankles and pull toward you. NOTE: SUPPORT JOINTS AT ALL TIMES FROM BELOW.
6. TO TURN RESIDENT ON SIDE:
 - A. Adjust bed height to thigh level.
 - B. Put side rail up on far side of bed, if ordered.
 - C. One person turn, place one hand on the resident's shoulder and one hand on the resident's hip and turn toward you. Inform resident of intent to turn for care before proceeding.
 - D. For assist of two, one staff member on each side of the bed and utilize the lift sheet to assist with turn.
 - E. Use pillows/wedge to support resident on their side.

NOTE: BE SURE RESIDENT IS NOT LYING ON ARM OR CATHETER DEVICES.

7. TO RAISE RESIDENT TO SITTING POSITION IN BED:
 - A. Face head of bed, keeping outer leg forward.
 - B. Nurse and resident lock arms.
 - C. Support shoulders with other arm.
 - D. Bend at hips and knees. On signal, help resident to sit up.
 - E. In reverse manner, help resident to lie down.
8. TO MOVE RESIDENT UP IN BED:
 - A. To use a lift sheet under resident.
 1. Nurse on each side of bed.
 2. Grasp sheet firmly at shoulder and hips.
 3. On signal, move resident to head of bed.
 4. Have resident bend knees and push with feet, if able to follow directions.
 - B. Two staff members can also use lift sheet to sit resident up in bed.

