

# PATIENT POSITIONING

## SIMPLE...SAFE...EFFECTIVE...THE 30° TILT

### SEMI-RECUMBENT POSITION



1

Supports the lumbar spine. Plump or fold the lower pillow if necessary.



2

An additional pillow is positioned under the buttock to 'tilt' the body, giving the ischial tuberosities and sacrum clearance.



3

Ensure that the heels are clear of the mattress.



4

The full semi-recumbent 30° 'tilt' position.

### RECUMBENT POSITION



1

Use one or two pillows to support the head and neck.



2

Added pillows 'tilt' the patient onto one buttock and lifts the sacrum clear of the mattress.



3

Support the full leg on another pillow. Ensure that the heel overhangs the edge of the pillow.



4

Additional pillows may provide comfort for the legs.



5

The full recumbent 30° 'tilt' position.



6

This demonstrates the necessity to use the additional pillow to prevent 'drop foot'.



7

Variet position. Alternative position for patients who cannot achieve or maintain normal posture.

#### POINTS TO REMEMBER

1. Remember to ask the patient if they are comfortable and check their position and skin at regular intervals.
2. The 30° 'tilt' is used to promote patient comfort and reduce pressure over high risk areas. It should be used with, and not in place of, an appropriate pressure reducing support surface/mattress.
3. Use your hand to check clearance.

# MSS