

TOPIC: POSITIONING

1. **Positioning is the placement and alignment of the client's body when assisting the client to sit, lie down or turn.** If a client has trouble moving or forgets to change position remember to remind them every few hours or assist. Always check body alignment. **Shoulders should be directly above hips, head and neck straight, arms and legs in a natural position. Proper positioning and good body alignment:**

- a. Improves physical comfort and general well being.
- b. Relieves strain on the client's body.
- c. Promotes good blood flow.
- d. Helps the body function more efficiently.
- e. Prevents deformities and complications including contractures and pressure sores.

2. **Frequent position changes prevent:**

- a. Musculoskeletal deformities.
- b. Development of pressure sores.
- c. Respiratory complications.
- d. Decreased circulation.

3. **Commonly used positions include:**

- a. **Semi-Fowler's position** – head elevated 30-45 degrees helps breathing, puts less pressure on coccyx than sitting up and allows client to better view environment.
- b. **Fowler's position** – head elevated 45-60 degrees helps breathing and is comfortable for grooming, oral care, and eating but puts more pressure on coccyx.
- c. **Supine position** – flat on back; maybe necessary during some procedures including bedmaking, bed bath, and perineal care.

- d. **Lateral position** – lying on either right or left side reduces pressure on one side of body.

4. LNA's role:

- a. Use good body mechanics.
- b. Keep client's body in good alignment. Support affected limbs during repositioning. Recheck alignment after the position change.
- c. Pay special attention to equipment such as oxygen tubing, urinary catheters and IV's during moves.
- d. Encourage client to assist with positioning.
- e. Be patient and never rush the client. Speak calmly and reassuringly because client may feel anxious.
- f. Be gentle with the client to prevent pain and injury.
- g. Be informed of what positions are safe for each patient.
- h. Position urinary catheter over (not under) the leg to prevent pressure sores.
- i. Prevent skin tears by never sliding or dragging a client on the bed.
- j. Use side rails while moving client in bed.
- k. Reposition a client who is sitting in a chair every hour.

ADDITIONAL DEFINITIONS:

Alignment – to put in a straight line **Deformities** – abnormally formed parts of the body

Coccyx – triangular bone at the base of the spine