

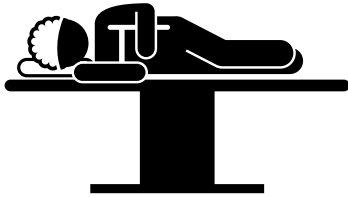
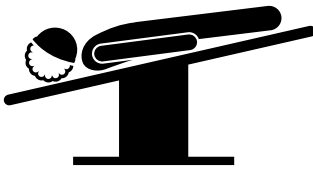




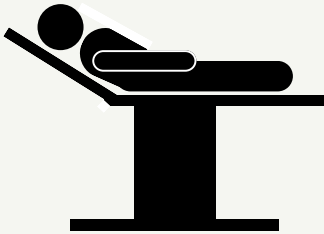



PATIENT POSITION CHEAT SHEET

<p>SUPINE</p> <p>Patient lies flat on their back with their arms by their side.</p>		<p>Pros: allows access to chest, abdomen, and airway.</p> <p>Pressure injuries on: occiput, scapulae, elbows, sacrum, coccyx, and heels.</p>
<p>PRONE</p> <p>Patient lies face-down on their abdomen.</p>		<p>Pros: allows access to back of the body. Can alleviate musculoskeletal pain. Promotes ventilation.</p> <p>Pressure injuries on: face, clavicle, elbow, chest/breasts, genitals, pelvis, knees, feet, toes</p>
<p>LATERAL</p> <p>Patient lies on one side of the body with one arm bent upward toward their head.</p>		<p>Pros: allows access to back of the body. Can alleviate pressure on supine pressure points.</p> <p>Pressure injuries on: ear, shoulder, elbow, hip, inner and outer knee, ankle, and heel</p>
<p>TRENDELENBERG</p> <p>Patient's lies on their back (supine) but their head is lower than their feet.</p>		<p>Pros: allows better access to the pelvis during surgery; reduces pelvic pressure. Useful to boost patients up.</p> <p>Pressure injuries on: occiput, scapula, elbow, sacrum, heels.</p>



PATIENT POSITION CHEAT SHEET

<p>REVERSE TRENDLENBERG</p> <p>Patient's lies on back (supine) but bed is tilted so the head is higher than the feet.</p>		<p>Pros: can lower central venous pressure without decreasing blood pressure.</p> <p>Pressure injuries on: occiput, scapula, elbow, sacrum, heels.</p>
<p>FOWLER'S</p> <p>Patient's is in a semi-sitting position in bed with the head of bed elevated 45-60°</p>		<p>Pros: promotes lung expansion, needed for NG tube, increase bed mobility, comfort, decrease pressure on abdominal incision</p> <p>Pressure injuries on: head, shoulder, sacrum, buttock, heel</p>
<p>SEMI-FOWLER'S</p> <p>Patient's is in a semi-sitting position in bed with the head of bed elevated 30-45°</p>		<p>Pros: needed for NG tube, increase bed mobility, comfort, decrease pressure on abdominal incision</p> <p>Pressure injuries on: head, shoulder, sacrum, buttock, heel</p>
<p>HIGH-FOWLER'S</p> <p>Patient's is in a semi-sitting position in bed with the head of bed elevated 60-90°</p>		<p>Pros: promotes lung expansion, needed for NG tube, increase bed mobility</p> <p>Pressure injuries on: head, shoulder, sacrum, buttock, heel</p>