

Student _____

Date _____

Instructor _____

Date _____

PERFORMANCE CHECKLIST FOR POSITIONING A PATIENT IN BED

	S	U	NP	Comments
1. Verified the health care provider's orders.	_____	_____	_____	_____
2. Provided for the patient's privacy.	_____	_____	_____	_____
3. Performed hand hygiene.	_____	_____	_____	_____
4. Introduced self to the patient and family.	_____	_____	_____	_____
5. Identified the patient using two identifiers.	_____	_____	_____	_____
6. Positioned the patient in one of the appropriate positions, using correct body alignment. Protected pressure areas. Began with the patient lying supine. Placed the bed in a good working height.	_____	_____	_____	_____
A. Positioned the patient in the supported Fowler's position:	_____	_____	_____	_____
(1) Raised the bed to a working height and elevated the head of the bed to 45 degrees.	_____	_____	_____	_____
(2) Rested the patient's head against the mattress or on a pillow.	_____	_____	_____	_____
(3) If needed, positioned a small pillow or rolled towel at the patient's lower back.	_____	_____	_____	_____
(4) Used pillows to support the arms and hands of the patient if he/she does not have voluntary control or use of the hands and arms.	_____	_____	_____	_____
(5) Placed a pillow or roll under the patient's thighs.	_____	_____	_____	_____
(6) Supported the patient's calves and ankles with a	_____	_____	_____	_____

pillow or roll.

(7) Placed pillows or rolls at the feet to keep the feet aligned and maintain dorsi-flexion of feet.

B. Positioned the patient in the supported supine position:

(1) Lowered the head of the bed so that the patient is lying flat.

(2) Placed a small rolled towel under the lumbar area of the patient's back, if needed.

(3) Placed a pillow behind the patient's upper shoulders, neck, or head, if needed.

(4) Placed pillows under the patient's pronated forearms, keeping the upper arms parallel to the patient's body.

(5) Placed trochanter rolls or sandbags parallel to the lateral surface of the patient's thighs.

(6) Protected the patient's feet with a small trochanter roll or therapeutic boots.

(7) Placed the fingers and thumb of each of the patient's hands around a rolled cloth.

C. Positioned the patient in the prone position, using two nurses:

(1) Lowered the head of the bed to the flat position, and removed any pillows.

(2) Lowered the side rail and moved the patient to the side of the bed opposite from the direction they will be turned. Moved his/her upper trunk first, supporting the shoulders. Then moved his/her lower trunk, supporting

the patient's hips. Adjusted the patient's legs and feet to maintain good body alignment.

(3) Stood on one side of the bed, and asked another nurse to cover the other side.

(4) While rolling the patient, held the patient's arm on the side to be turned along side the body. Placed a towel or pillow beneath the patient's abdomen. For patients with hemiplegia, moved the patient toward the unaffected side.

(5) Rolled the patient's body over the tucked arm, keeping the elbow straight and the hand tucked under the hip. Centered the patient in the bed to maintain good body alignment.

(6) Turned the patient's head to one side, and supported the head with a small pillow.

(7) Supported the patient's arms in the flexed position at the level of the shoulders.

(8) Gently wedged a pillow below his/her lower legs.

D. Positioned the patient in a 30-degree lateral position:

(1) Raised the bed to a working height. Lowered the head of the bed completely, or as far as the patient can tolerate.

(2) Lowered the side rail, and positioned the patient on the side of the bed facing the opposite direction toward which he/she is going to be turned. Moved the patient's upper trunk first, supporting the shoulders. Then moved the lower trunk, supporting the hips.

(3) Raised the side rail, and moved to the opposite side of the bed.

(4) Flexed the patient's knee that will not be next to the mattress. Placed one hand on the patient's hip and the other on his/her shoulder.

(5) Rolled the patient onto his/her side toward you.

(6) Placed a pillow under the patient's head and neck.

(7) Placed hands under the dependent shoulder, and brought the shoulder blade forward.

(8) Positioned both of the patient's arms in a slightly flexed position.

(9) Placed a small tuck-back pillow behind the patient's back.

(10) Supported the upper arm with a pillow that is level with the shoulder.

(11) Slid hands under the patient's dependent hip, and brought the hip slightly forward.

(12) Placed a pillow under the patient's semi flexed upper leg at the level of the hip from groin to foot.

(13) Placed sandbags parallel to the plantar surface of the dependent foot. If available, used ankle-foot orthotics on the patient's feet

E. Positioned the patient in the Sims' position:

(1) Lowered the head of the bed. Placed the patient in the supine position, and positioned the patient on the side of the bed facing the opposite direction toward which he/she is going to be turned. Removed the

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| pillow. | _____ | _____ | _____ | _____ |
| (2) Tucked the patient's arm on the side to be turned alongside the body. Flexed the knee of the leg that will not be next to the mattress. Turned the patient onto his/her side. Positioned him/her in the lateral position lying partly on their abdomen. | _____ | _____ | _____ | _____ |
| (3) Placed a small pillow under the patient's head. | _____ | _____ | _____ | _____ |
| (4) Placed a pillow under the flexed upper arm, supporting the arm so that it is level with the shoulder. | _____ | _____ | _____ | _____ |
| (5) Placed a pillow under the patient's flexed upper legs, supporting the leg so that it is level with the hip. | _____ | _____ | _____ | _____ |
| (6) Placed sandbags or small trochanter rolls parallel to the plantar surface of the patient's foot. | _____ | _____ | _____ | _____ |
| 7. Placed toiletries and personal items within reach. | _____ | _____ | _____ | _____ |
| 8. Placed the call light within easy reach, and made sure the patient knows how to use it to summon assistance. | _____ | _____ | _____ | _____ |
| 9. Raised the appropriate number of side rails and lowered the bed to the lowest position. | _____ | _____ | _____ | _____ |
| 10. Followed up with all body position changes to check for body alignment and patient comfort level. | _____ | _____ | _____ | _____ |
| 11. Disposed of used supplies and equipment. Left the patient's room tidy. | _____ | _____ | _____ | _____ |
| 12. Removed and disposed of gloves, if used. Performed hand hygiene. | _____ | _____ | _____ | _____ |
| 13. Documented and reported the patient's response and expected or unexpected outcomes. | _____ | _____ | _____ | _____ |