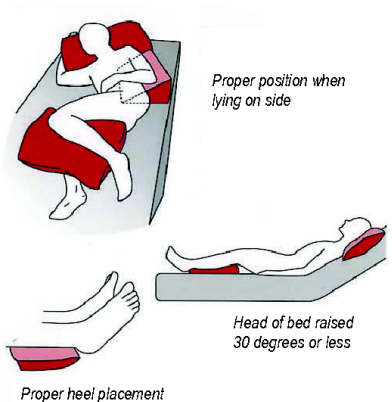


Positioning for pressure Ulcers

Pressure Ulcer Prevention Guide

Positioning



Proper position when lying on side

Head of bed raised 30 degrees or less

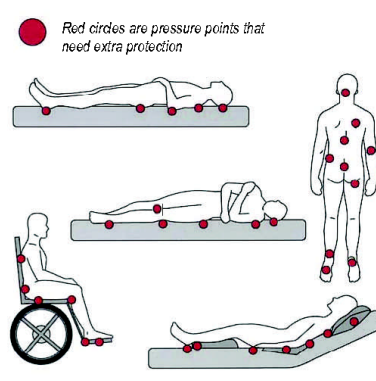
Proper heel placement

Positioning Tips

- Follow a written turning/positioning schedule
- Reposition every two hours, or more often if needed
- Use pressure reduction devices on beds and chairs, and under heels
- Use lift sheet or device to reduce shear and friction

Pressure Points


Red circles are pressure points that need extra protection



Daily Care Tips

- Look at the skin every day and report red areas
- Keep the skin dry
- Help the person eat well and drink fluids

Adapted from materials developed by Colorado Foundation for Medical Care and Kansas Foundation for Medical Care. This material was revised and distributed by Acumentra Health, Oregon's Medicare Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. SSCW-OR-FS-09-13 6/30/09



→ If there is a pressure ulcer on the heel have a pillow above the ankle and the heel off the bed not touching anything

- ➔ If there is a pressure ulcer on the sacrum have the patients head of bed set below 30 degrees
- ➔ If the patient has a pressure ulcer on the sacrum on the right side of the body have them lay on the opposite side

There should be a turning schedule for a patient in bed. They should be turned from one side to another every two hours

Patients who are in wheelchair need to do pressure relief in the wheelchair:

Pressure relief techniques every 15 minutes throughout the day

