

Positioning of hospice patients

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Following ergonomic principles during assistance

The principles of ergonomics are recommended to be used by assistants in their work to avoid personal and clients' injury.

Adherence to ergonomic principles during activities prevents damage to the musculoskeletal system, which can be caused, for example, by forced postures or improper lifting of weights.

Following ergonomic principles during assistance



Ergonomic principles include:

- working in neutral positions;
- reduce the use of maximum force;
- reduce movements with maximum amplitude;
- put things at arm's length;
- work at an appropriate height;
- reduce fatigue and static load;
- reduce pressure on certain parts of the body;
- provide free space for body movements;
- move, exercise, stretch;
- keep the work environment tidy and comfortable.

Positioning

Positioning provides comfort, prevention of pressure ulcer, improves blood circulation, reduces spasticity and prevents contractures and deformities.

Positioning should take into account the person's pressure ulcer, contractures, deformities, injuries and diagnosis to ensure the best possible care.

For positioning you can use:

- pillows;
- blankets;
- towels or other rolled fabrics of different sizes;
- specialized positioning equipment.

**IT IS IMPORTANT TO REMEMBER THAT
POSITIONING IS INDIVIDUAL FOR EACH
PERSON!**

Pressure ulcer and their localization

Pressure ulcer form in different parts of the body that are most exposed to pressure, shear or friction. These forces can cause different levels of tissue damage. Proper positioning and repositioning reduce the risk of pressure ulcer.

Pressure ulcer usually form on bone growths that are closer to the surface of the skin.

In a sitting position, they usually localize:

- on the shoulder girdle;
- on the shovels;
- on the spine - in the area of the tail bone;
- on the hip bones;
- on the popliteal fossa;
- on the feet.

Pressure ulcer and their localization

When lying on the back they usually localize:

- on the back of the head;
- on the shoulder girdle;
- on the shovels;
- on the elbows;
- on the spine - in the area of the tail bone;
- on the heels.

When lying on the side, they usually localize:

- on the ears;
- on the face;
- on the shoulder girdle;
- on the hip bones;
- on the knees and between them;
- on the ankles and between them.

Positioning in the sitting position with straight legs

- take a sitting position;
- the hip angle is greater than 90 degrees;
- pillows are placed behind the back and head for support;
- both hands are resting on pillows that are placed next to the hips;
- both legs are positioned straight;
- both legs are supported with pillows, that are placed on the sides and at the feet.



Positioning in the sitting position with support under the knees

- take a sitting position;
- both legs are straight;
- the hip angle is greater than 90 degrees
- pillows are placed behind the back and head for support;
- both hands are resting on pillows that are placed next to the hips;
- one large pillow or two smaller pillows are placed under the knees that are bended.



Positioning lying on the side

- take a lying position on the selected side;
- the hips is slightly bent;
- the knees are slightly bent;
- a pillow is placed under the head;
- a pillow is placed between the knees and ankles (one large pillow or two small pillows);
- a pillow is placed under the upper arm.



Positioning lying on the stomach

- take a lying position on the stomach;
- the head is slightly rotated to the selected side;
- a small pillow is placed under the head;
- elbows are slightly bent;
- a small pillow is placed under the lower abdomen;
- a small pillow is placed under the ankles.



Positioning lying on the back

- take a lying position on the back;
- a pillow is placed under the head and neck;
- a pillow is placed under the knees in the popliteal fossa area;
- a positioning roller or rolled-up towel is placed under the ankles;
- if necessary, small pillows can be placed side by side on which it is possible to position hands.

