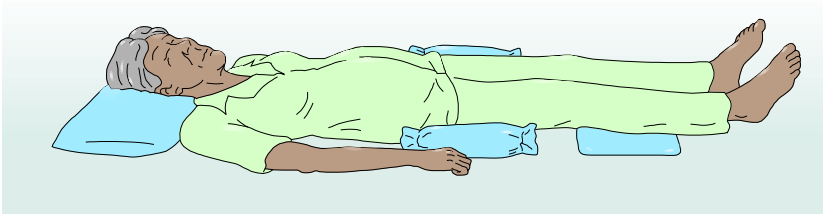
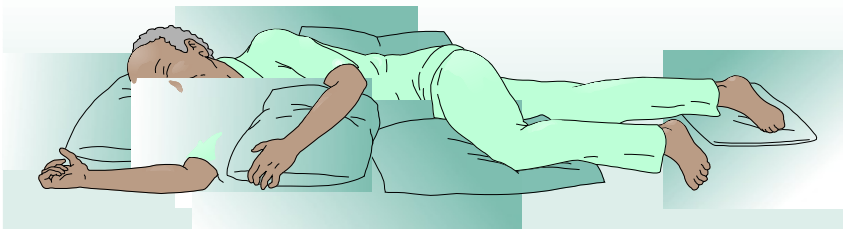


Positioning of Residents

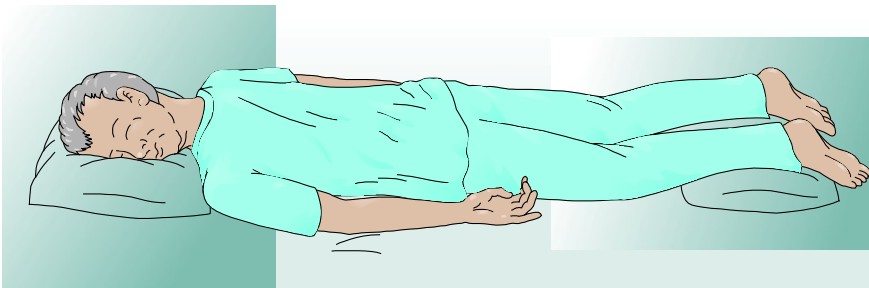
1. **Supine:** In this position, the resident lies flat on his back. To maintain correct body position, support the head and shoulders with a pillow. You may also use pillows, rolled towels, or washcloths to support his arms (especially a weak or immobilized arm) or hands. The heels should be “floating.” This means you must place a firm pillow under the calves. The heels do not touch the bed. Pillows or a footboard can be used to keep the feet flexed.



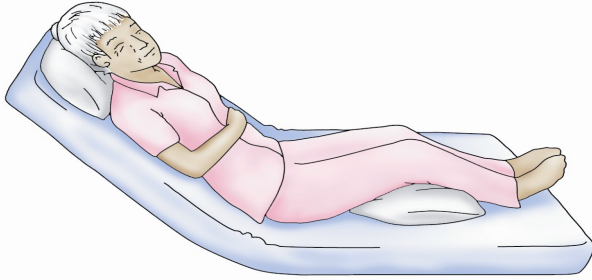
2. **Lateral/Side:** A resident in the lateral position is lying on either side. There are many ways to do this. Pillows can support the arm and leg on the upper side, the back, and the head. Ideally, the knee on the upper side of the body should be flexed. The leg is brought in front of the body and supported on a pillow. There should be a pillow under the bottom foot. The toes should not touch the bed. If the top leg cannot be brought forward, it rests on the bottom leg. Pillows should be used between the two legs. This relieves pressure and avoids skin breakdown.



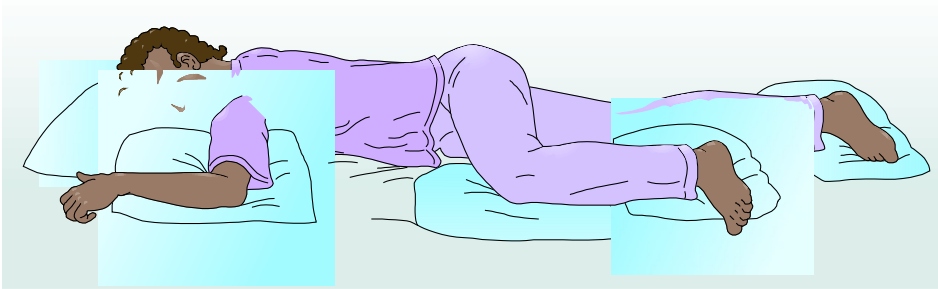
3. **Prone:** A resident in the prone position is lying on the abdomen, or front side of the body. This is not comfortable for many people, especially elderly people. Never leave a resident in a prone position for very long. In this position, the arms are either at the sides or raised above the head. The head is turned to one side. A small pillow may be used under the head and under the legs. This keeps the feet from touching the bed.



4. **Fowler's**: A resident in the Fowler's position is in a semi-sitting position. The head and shoulders are elevated. The resident's knees may be flexed and elevated. Use a pillow or rolled blanket as a support. The feet may be flexed and supported using a footboard or other support. The spine should be straight. In a true Fowler's position, the upper body is raised halfway between sitting straight up and lying flat. In a semi-Fowler's position, the upper body is not raised as high.



5. **Sims'**: The Sims' position is a left side-lying position. The lower arm is behind the back. The upper knee is flexed and raised toward the chest, using a pillow as support. There should be a pillow under the bottom foot so that the toes do not touch the bed.



The Trendelenburg and Reverse Trendelenburg are used with residents with special needs. For example, Trendelenburg may be used for a resident who has gone into shock and has poor blood flow. Reverse Trendelenburg may be used for a resident who needs a faster emptying of the stomach due to a digestive problem. These positions always require a doctor's order. Some electric beds have buttons or levers that place the bed in these two positions.