

Positioning

Information for Patients and Carers



Why is good positioning important?

It is important to ensure that good positioning is maintained over a full 24-hour period. The team can advise on good positioning in the chair or bed, which may sometimes include assessment and provision of specialist equipment.

Here are some examples of why this is important:

<u>Situation</u>	<u>Why positioning is important</u>
Limited movement or reduced feeling	Some people may not be able to change position easily or notice discomfort. Good positioning helps reduce pressure on vulnerable areas, supports blood flow, eases pain and muscle stiffness, and helps prevent joints becoming stiff.
Memory or thinking difficulties	The person may not recognise they are uncomfortable or need to move. Supportive positioning helps keep them safe, comfortable, and dignified. Regular position changes should also be encouraged.
Feeling restless or unsupported	The right position can improve comfort and stability, helping the person feel more secure and relaxed.
Personal care in bed	Proper positioning helps staff or carers provide personal care safely, while maintaining comfort, dignity, and skin health.
Swelling in the arms or legs	Supporting and gently raising limbs can help improve circulation and reduce swelling.
Pain or spasms	Good positioning can relieve pain, reduce muscle spasms and tremor and promote comfort.

Pressure care

It is important that you change position regularly throughout the day, to reduce the risk of developing any pressure ulcers.

Positioning in a chair:

- Seat should be the right height, depth and width.
- Feet should be well supported.
- Try not to lean to the side. This can be done with pillows or rolled towels or with more specialist support built into the chair.
- Pressure relief should be considered for any patient who cannot, or do not, reposition regularly. Contact your clinician for more information on pressure care.
- A recliner or tilt-in-space chair might help those who tend to slip forwards.

Positioning in bed:

- Aim to support joints and limbs in a neutral, comfortable position.
- Consider using pillows to support arms, legs or trunk.
- Be mindful of pressure areas.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tłumaczeniu na jezyk polski, prosimy o kontakt z pod numerem telefonu: **01502 445447**.

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

Se pretender uma cópia desta publicação no seu idioma, por favor contacte no número **01502 445447**.