


Appendix F

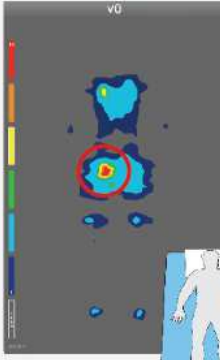
Mitigating Pressure Injuries Related to Sensory Perception, Activity and Mobility Impairment: Maintaining Optimal Positioning



PROPER SUPINE POSITIONING IN ADULTS TO PREVENT PRESSURE INJURIES

BEFORE

TYPICAL POSITIONING

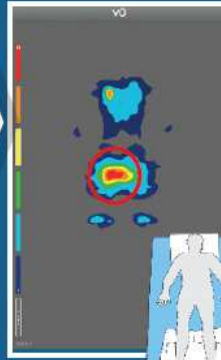


Turn patient to a supine position

5.1: Reposition all individuals with or at risk of pressure injuries on an individualized schedule, unless contraindicated. (Strength of Evidence=B1; Strength of Recommendation=↑↑)



STEP-BY-STEP INTERVENTIONS

FOR BEST POSITIONING OUTCOMES, PERFORM THE FOLLOWING STEP SEQUENTIALLY.



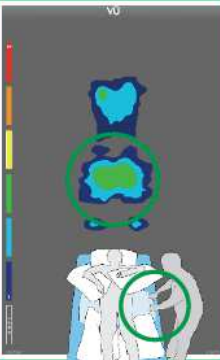
Place pillows between knees & ankles and ensure heels are **offloaded** from the support surface.

(see Tip Sheet, Offloading Heels Effectively)

AFTER

CBPM¹ - GUIDED POSITIONING



Use microshifts (small shifts) by lifting sheet/underpad **slightly** (reducing friction/shear on the patient) to adjust patient. Microshifts help to reduce pressure to the hips & other body areas (e.g., shoulders, etc.) & allow further immersion into a support surface.

5.6: Reposition the individual to relieve or redistribute pressure using manual handling techniques and equipment that reduce friction and shear. (Strength of Evidence=B2; Strength of Recommendation=↑)

5.7: Consider using continuous bedside pressure mapping as a visual cue to guide repositioning. (Strength of Evidence=C; Strength of Recommendation=↔)

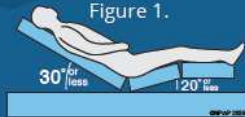


Figure 1.

30° or less
120° or less

First, elevate foot of bed to 20° (but no more than 30°) using bed controls or pillows (*knee-gatch position, above figure*). Raising the knees, first, will stop patient from sliding (shearing) when the head of bed is raised.

Then, elevate the head of bed using bed controls or pillows to 30° **or lower if clinically feasible**.

When elevating the head of bed, maintain elevations at 30° or lower to minimize soft tissue deformation. (Expert Opinion)¹

RESULTS

HEEL PRESSURE REDUCED BY OFFLOADING HEELS
SACRUM PRESSURE REDUCED THROUGH MICROSHIFTS