



Rancho Los Amigos National Rehabilitation Center

DEPARTMENT OF NURSING

POLICY AND PROCEDURE

SUBJECT: POSITIONING TECHNIQUES:
TURNING / LIFTING PATIENTS

Policy No.: C133.13
Effective Date: 04/1999
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Purpose of Procedure: To lift and turn patients efficiently and safely utilizing Safe Patient Handling (SPH) equipment (e.g. Repo sheet, Airpal etc.).

Physician's Order Required: No.

Performed By: RN, LVN, NA, SNW, USA, RA, Affiliating Nursing Students under the supervision of an RN

Policy Statement:

1. All employees are expected to comply with Rancho's Administrative Policy B873 – *Safe Patient Handling*.
2. Appropriate SPH should be selected based on patient clinical presentation, nursing judgement, and functional level
3. Prior to handling, moving or lifting a patient, every situation must be evaluated to determine patient's ability to assist.
4. Staff are not to lift more than 35 pounds.

Procedural Steps:

- I. Repositioning Higher/Lower in Bed:
 - A. Ensure appropriate SPH equipment lift required to move patient is at the bedside.
 - B. Explain to the patient the need for repositioning.
 - C. Lock the bed, place the bed in a flat position and adjust the height to the hip level of the shortest staff.
 - D. Ensure all lines, e.g., tubes and catheters, are secured.
 - E. Remove pillows and bed positioning devices.
 - F. Ensure sling is correctly positioned under patient, then attach to mechanical lift.
 - G. Lift patient to desired height and lower onto the bed ensuring patient's hips are aligned with the hip locator.
 - H. Ensure that the patient is comfortable.
- II. Turning in bed
 - A. Ensure appropriate SPH equipment required to move patient is at bedside. Explain to the patient the need for turning in bed.
 - B. Lock the bed, place the bed in a flat position and adjust the height to the hip level of the shortest staff.
 - C. Ensure all lines, e.g., drainage tubes and catheters, are secured.
 - D. Remove all pillows and bed positioning devices.
 - E. Move patient to side of bed as needed to permit adequate turning.
 - F. If patient is able to assist, instruct patient to grasp the bed rail on the side to which he/she will be turned.
 - G. Position the shoulder forward with arm out to the side to avoid patient rolling on it once turned.
 - H. Unless contraindicated, flex the patient's knee opposite to the direction the patient is going to be turned to facilitate the turning.
 - I. If patient cannot assist, gather equipment, e.g., multi strap, mechanical lift equipment.
 - J. Place one multi strap under patient's shoulder and another under patient's hips. Attach the strap loop to a fixed area on the bed (restraints loop) on the side where the patient will be turned. Attach the free strap loop to the sling bar of the mechanical lift and lift.
 - K. When the turn is complete, ensure the shoulder and arm on the side of the turn is positioned so that the patient is not lying directly on it and disrupting circulation.

- L. Place pillows behind patient's back to support the patient in the turned position and between knees and ankles to prevent pressure on bony prominences.
- M. Ensure that the patient is comfortable.

Patient Education:

1. Educate the patient/family the importance of using the SPH equipment when repositioning.
2. Educate the patient/family the purpose and importance of repositioning while in bed.

Documentation:

1. Document positioning and patient education in the Electronic Medical Record (EHR).
2. Document the type of the SPH equipment and the sling used in the EHR.

REVIEWED BY: Dulce Dones, MSN, RN

REFERENCES:

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Solo MultiStrap Instruction Guide (n.d.). Retrieved from <https://www.hill-rom.com/globalassets/website-documentation/english-websites-us--int/patient-handling-us--int/slings-and-lift-sheets/multistrap---us/solo-multistrap-7en160193-rev.-4.pdf>

04/99 – Revised	11/17 - Revised
03/03 – Reviewed	12/20 - Revised
10/08 – Revised	01/24 - Reviewed
09/11 – Revised	
11/14 – Revised	