

Position of the patient in bed

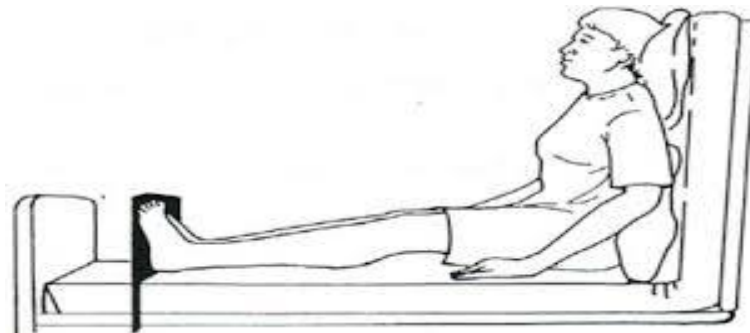
Fowler's position

- The patient is placed in a semi-upright sitting position with knees slightly elevated.

Purposes vary depending on elevation.

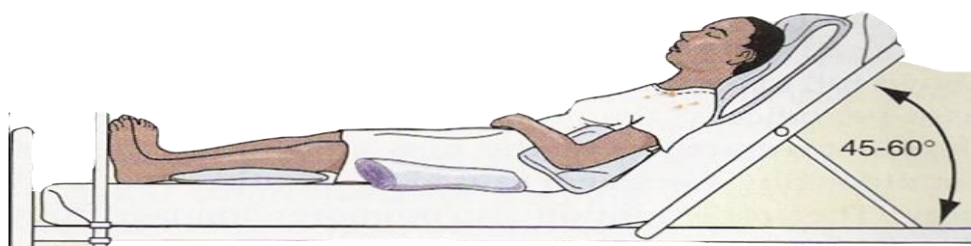
High Fowler's position

- The spine is kept straight.
- The head of the bed is 90 degrees elevated.
- The head is supported with a small pillow.
- The arms are supported with pillows.
- Purposes vary depending on elevation. It is used when the patient eats and drinks without the risk of choking, and also to assist patients who have difficulty breathing.



Semi-Fowler's position

- A pillow is used to support the head, neck, and upper back to prevent the hyperextension of the neck.
- A pillow is used under forearms to eliminate pull on shoulder and assist venous blood flow from hands and lower arms.
- A small pillow is used under thighs to flex knees to prevent hyperextension of knees.
- A trochanter roll is used laterally to femur to prevent external rotation of hips.
- A footboard is used to provide support for dorsiflexion and prevent plantar flexion of feet (foot drop).

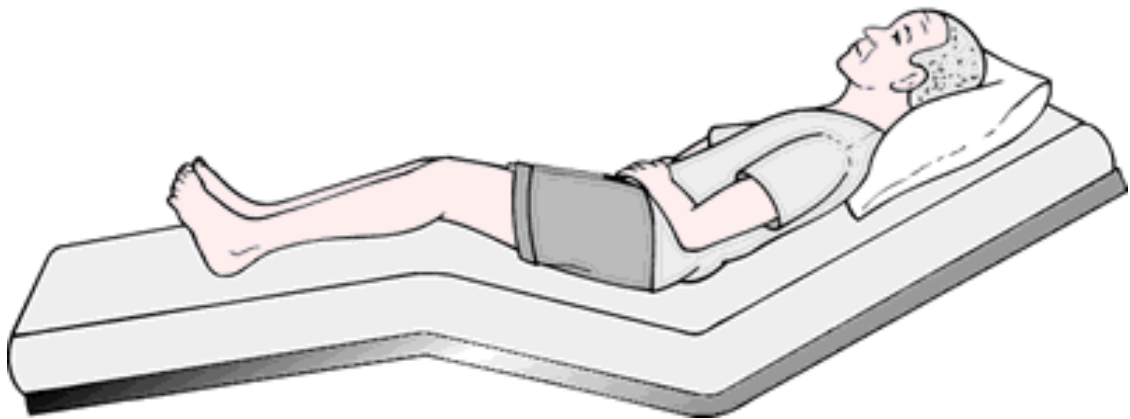


Purposes of Semi-Fowler's position:

- To comfortably watch television or converse with visitors;
- After abdominal surgeries to relieve tension on incision;
- To assist patients who have difficulty breathing.

Low Fowler's position

- The head of the bed is 30 degrees elevated.
- Its purpose is to prevent aspiration during tube feeding.



Orthopneic position

Orthopneic position is sitting upright with the head of the bed elevated 90 degrees or on the side of the bed with feet flat on the floor, the patient leaning slightly forward with arms raised and elbows flexed, supported on an over-bed table.

This position is frequently used by patients with respiratory problems.

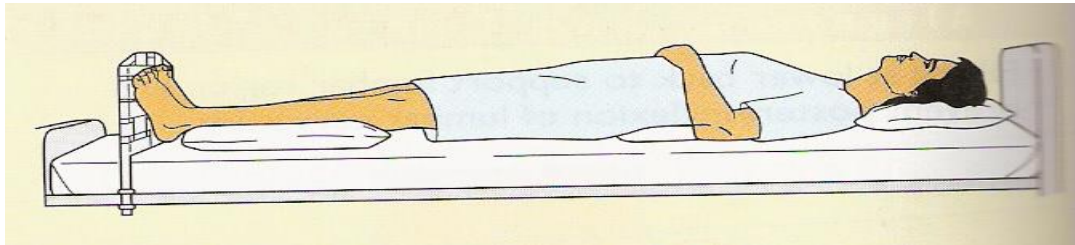
It helps expand the chest and lungs to allow more oxygen to enter.

Its purpose is to assist patients in severe respiratory distress, by allowing chest to expand to maximum capacity for the air to move in and out of the lungs.



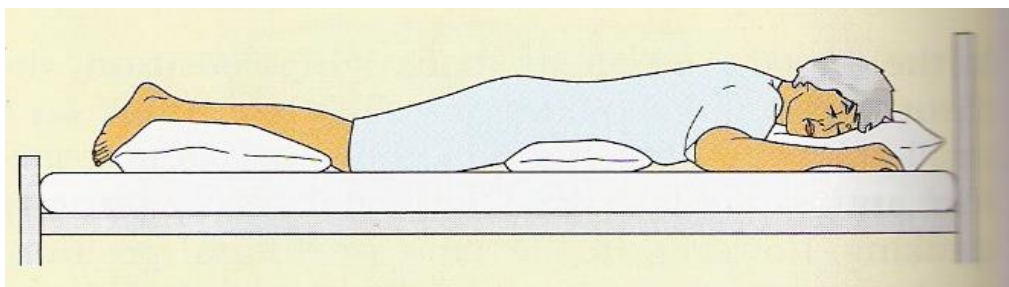
Dorsal Recumbent Position (supported)

- A pillow of suitable thickness is placed under head and shoulders to prevent hyperextension of neck in if thick-chest person.
- A roll or small pillow is placed under lumbar curvature to prevent posterior flexion of lumbar curvature.
- A roll or sandbag is placed laterally to trochanter of femur to prevent external rotation of legs.
- A small pillow is placed under thighs to flex the knees slightly and prevent the hyperextension of the knees.
- A footboard or rolled pillow is used to support feet in dorsiflexion and to prevent plantar flexion (foot drop).
- A pillow is placed under lower legs to prevent pressure on heels.



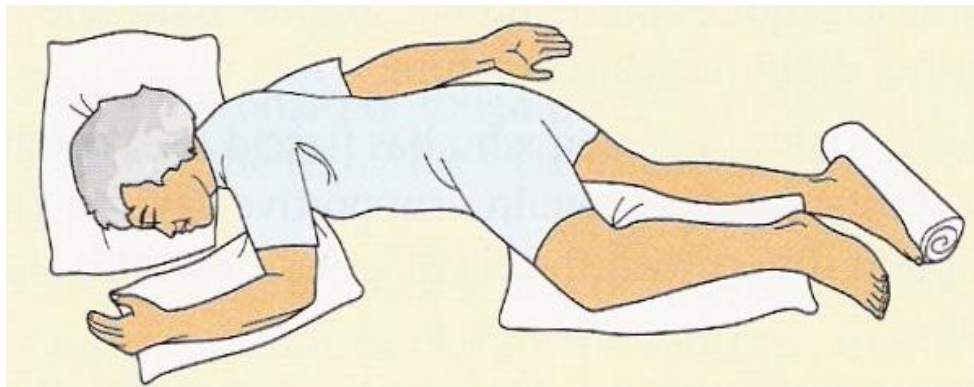
Prone Position

- The prone position is a position of the body lying face down.
- A small pillow is placed under head unless contraindicated because of promotion of mucous drainage from mouth—it prevents flexion or hyperextension of neck.
- A small pillow or roll is placed under abdomen just below the diaphragm to prevent hyperextension of lumbar curvature.
- Allow feet to fall naturally over end of mattress or support lower legs on a pillow so that toes do not.
- touch the bed to prevent plantar flexion (foot drop).



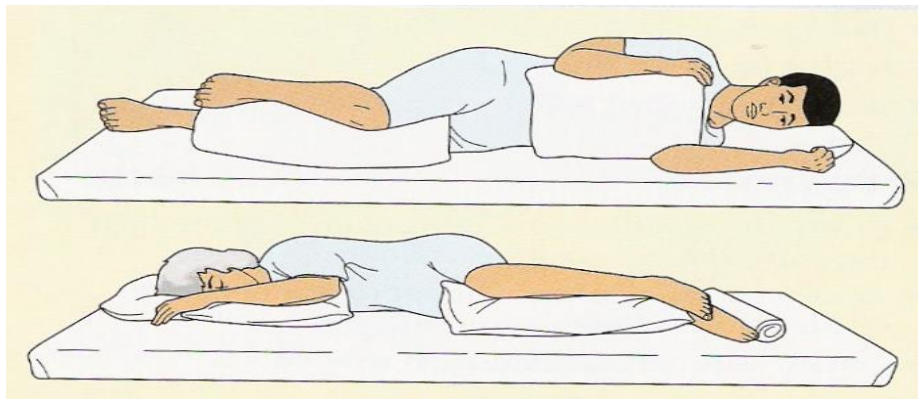
Lateral position

- A pillow is placed under head and neck to provide good alignment of sternocleidomastoid muscles.
- A pillow is placed under the upper arm to place it in good alignment; the arm should be flexed comfortably, the internal rotation and adduction of shoulder is avoided.
- A pillow is placed under legs and thighs to place them in good alignment. The shoulders and hips are in straight alignment. These measures prevent the internal rotation and adduction of femur and twist of the spine.



Sims Position

- A pillow is used to support the head, maintaining it in good alignment unless drainage from the mouth is required.
- A pillow is placed under the upper arm to prevent the internal rotation of the shoulder and arm.
- A pillow is placed under the upper leg to support it in alignment and to prevent the internal rotation and adduction of the hip and rolled towels are used to support the feet in dorsiflexion to prevent foot drop.



Questions to control your knowledge

1. Give the description of the Fowler Position.

The patient is placed in a semi-vertical position, with the knees slightly raised. Purposes vary depending on the elevation.

2. Give the description of the High Fowler Position.

- The spine is kept straight.
- The head of the bed is raised to 90 degrees.
- The head is supported with a small pillow.
- The arms are supported with pillows.
- The purposes vary depending on the elevation. It is used when the patient eats and drinks without the risk of choking and also to help patients with difficulty breathing.

3. Give the description of the Semi-Fowler Position.

- The pillow is used to support the head, to deposit an upper surface of the space to prevent hyperextension of the neck
- The pillow is used under the forearms to eliminate pulling on the shoulder and for a strong venous blood flow from the hands and lower arms.
- The small pillow is used under the thighs for a flexed knee and to prevent knee hyperextension.
- Trochanter roll is used laterally to femur to prevent external rotation of the hips
- A footboard is used to provide support for dorsiflexion and prevent plantar flexion of feet (foot drop).

4. What are the purposes of the Semi-Fowler Position?

- To comfortably watch television or converse with visitors;
- After abdominal surgeries to relieve tension on incision;
- To assist patients who have difficulty breathing

5. Give the description of the Low Fowler Position.

- The head of the bed is 30 degrees elevated.
- Its purpose is to prevent aspiration during tube feeding

6. Give the description of the Orthopedic Position.

- Orthopedic position is sitting upright with the head of the bed elevated 90 degrees or on the side of the bed with feet flat on the floor, the patient leaning slightly forward with arms raised and elbows flexed, supported on an over-bed table.
- This position is frequently used by patients with respiratory problems.

- It helps expand the chest and lungs to allow more oxygen to enter.
- Its purpose is to assist patients in severe respiratory distress, by allowing chest to expand to maximum capacity for the air to move in and out of the lungs.

7. Give the description of the Rectangular Dorsal Position.

- A pillow of suitable thickness is placed under head and shoulders to prevent hyperextension of neck in if thick-chest person.
- A roll or small pillow is placed under lumbar curvature to prevent posterior flexion of lumbar curvature.
- A roll or sandbag is placed laterally to trochanter of femur to prevent external rotation of legs.
- A small pillow is placed under thighs to flex the knees slightly and prevent the hyperextension of the knees.
- A footboard or rolled pillow is used to support feet in dorsiflexion and to prevent plantar flexion (foot drop).
- A pillow is placed under lower legs to prevent pressure on heels.

8. Give the description of the prone Position.

- The position is a position of the body lying face down.
- A small pillow is placed under head unless contraindicated because of promotion of mucous drainage from mouth—it prevents flexion or hyperextension of neck.
- A small pillow or roll is placed under abdomen just below the diaphragm to prevent hyperextension of lumbar curvature.
- Allow feet to fall naturally over end of mattress or support lower legs on a pillow so that toes do not.
- touch the bed to prevent plantar flexion (foot drop).

9. Give the description of the Lateral Position.

- A pillow is placed under head and neck to provide good alignment of sternocleidomastoid muscles.
- A pillow is placed under the upper arm to place it in good alignment; the arm should be flexed comfortably, the internal rotation and adduction of shoulder is avoided.

- A pillow is placed under legs and thighs to place them in good alignment. The shoulders and hips are in straight alignment. These measures prevent the internal rotation and adduction of femur and twist of the spine.

10. Give the description of the Sims Position.

- A pillow is used to support the head, maintaining it in good alignment unless drainage from the mouth is required.
- A pillow is placed under the upper arm to prevent the internal rotation of the shoulder and arm.
- A pillow is placed under the upper leg to support it in alignment and to prevent the internal rotation and adduction of the hip and rolled towels are used to support the feet in dorsiflexion to prevent foot drop.

Test

1. Give the description of the Fowler Position.

- * The patient is placed in a semi-vertical position, with the knees slightly raised.
- The patient is placed in an upright position, with his knees slightly raised.
- The patient is placed in a semi-vertical position, with the knees slightly lowered.
- The patient is placed in a lateral position, with his knees slightly raised.
- The patient is placed in a sims position, with the knees slightly lowered.

2. Give the description of the High Fowler Position.

- * The spine is kept upright.
- * The head of the bed is raised to 90 degrees.
- * The head is supported by a small pillow.
- * The arms are supported with pillows.
- The patient is placed in a lateral position, with knees slightly raised.

3. What is the purpose of the High Fowler Position.

- * Used when the patient eats and drinks without the risk of choking and also to help patients with breathing difficulties.

- b. Not used when the patient eats and drinks.
- c. To help patients with eating difficulties.
- d. To help patients with low back pain.
- e. Do not use when the patient's condition is mild.

4. Give the description of the Semi-Fowler Position.

- a. * A pillow is used to support the head, neck, and upper back to prevent the hyperextension of the neck.
- b. * A pillow is used under forearms to eliminate pull on shoulder and assist venous blood flow from hands and lower arms.
- c. * A small pillow is used under thighs to flex knees to prevent hyperextension of knees.
- d. A slotted sheet or pillow is used to support the legs in dorsiflexion and to prevent plantar flexion (feet).
- e. a roller or small cushion is placed under the lumbar curvature to prevent posterior flexion of the lumbar curvature.

5. Give the description of the Semi-Fowler Position.

- a. * A trochanter roll is used laterally to femur to prevent external rotation of hips.
- b. * A footboard is used to provide support for dorsiflexion and prevent plantar flexion of feet (foot drop).
- c. a slotted sheet or pillow is used to support the legs in dorsiflexion and to prevent plantar flexion (feet).
- d. a roller or small pillow is placed under the lumbar curvature to prevent posterior flexion of the lumbar curvature.
- e. the head of the bed is raised to 90 degrees.

6. What are the purposes of the Semi-Fowler Position?

- a. * To comfortably watch TV or chat with visitors.
- b. * After abdominal surgery to relieve tension in the incision.
- c. * To help patients with breathing difficulties.
- d. Not used when the patient eats and drinks.

e. To help patients with eating difficulties.

7. Give the description of the Low Fowler Position.

a. * The head of the bed is raised to 30 degrees.

b. * The purpose is to prevent aspiration during tube feeding.

c. The spine is kept straight.

d. The head of the bed is raised to 90 degrees.

e. The head is supported by a small pillow.

8. Give the description of the Orthopedic Position.

a. * Orthopneic position is sitting upright with the head of the bed elevated 90 degrees or on the side of the bed with feet flat on the floor, the patient leaning slightly forward with arms raised and elbows flexed, supported on an over-bed table

b. * This position is frequently used by patients with respiratory problems.

c. * It helps expand the chest and lungs to allow more oxygen to enter.

d. The head of the bed is raised to 30 degrees.

e. The patient is placed in a semi-vertical position, with the knees slightly raised.

9. What is the purpose of the Orthopedic Position?

a. * Its purpose is to assist patients in severe respiratory distress, by allowing chest to expand to maximum capacity for the air to move in and out of the lungs.

b. Not used when the patient eats and drinks.

c. To help patients with eating difficulties.

d. To help patients with low back pain.

e. Do not use when the patient's condition is mild.

10. Give the description of the Rectangular Dorsal Position.

a. * A pillow of suitable thickness is placed under head and shoulders to prevent hyperextension of neck in if thick-chest person.

b. * A roll or small pillow is placed under lumbar curvature to prevent posterior flexion of lumbar curvature.

- c. * A roll or sandbag is placed laterally to trochanter of femur to prevent external rotation of legs.
- d. The trochanter roller is used on the side of the femur for a priesthood of an outer hip.
- e. The platform is used to provide support for dorsiflexion and flexible division of the soles for the feet (falling of the legs).

11. Give the description of the Rectangular Dorsal Position.

- a. * A small pillow is placed under thighs to flex the knees slightly and prevent the hyperextension of the knees.
- b. * A footboard or rolled pillow is used to support feet in dorsiflexion and to prevent plantar flexion (foot drop).
- c. * A pillow is placed under lower legs to prevent pressure on heels
- d. The trochanter roller is used on the side of the femur for a priesthood of an outer hip.
- e. The platform is used to provide support for dorsiflexion and flexible division of the soles for the feet (falling of the legs).

12. Give the description of the Prone Position.

- a. * The prone position is a position of the body lying face down.
- b. * A small pillow is placed under head unless contraindicated because of promotion of mucous drainage from mouth—it prevents flexion or hyperextension of neck.
- c. * A small pillow or roll is placed under abdomen just below the diaphragm to prevent hyperextension of lumbar curvature.
- d. A small pillow is placed under the thighs to gently bend the knees and prevent hyperextension of the knees.
- e. A slotted sheet or pillow is used to support the legs in dorsiflexion and to prevent plantar flexion (feet).

13. Give the description of the Prone Position.

- a. * Allow feet to fall naturally over end of mattress or support lower legs on a pillow so that toes do not.
- b. * touch the bed to prevent plantar flexion (foot drop).

- c. The trochanter roller is used on the side of the femur for a positioning of an outer hip.
- d. A small pillow is placed under the thighs to slightly bend the knees and prevent hyperextension of the knees.
- e. A twisted sheet or pillow is used to support the legs in dorsiflexion and to prevent plantar flexion (the legs).

14. Give the description of the Lateral Position.

- a. * A pillow is placed under head and neck to provide good alignment of sternocleidomastoid muscles.
- b. * A pillow is placed under the upper arm to place it in good alignment; the arm should be flexed comfortably, the internal rotation and adduction of shoulder is avoided.
- c. * A pillow is placed under legs and thighs to place them in good alignment. The shoulders and hips are in straight alignment. These measures prevent the internal rotation and adduction of femur and twist of the spine.
- d. A pillow is used to support the head, keeping it in good alignment if no drainage from the mouth is needed.
- e. A pillow is placed under the upper arm to prevent internal rotation of the shoulder and arm.

15. Give the description of the Sims Position.

- a. * A pillow is used to support the head, maintaining it in good alignment unless drainage from the mouth is required.
- b. * A pillow is placed under the upper arm to prevent the internal rotation of the shoulder and arm.
- c. * A pillow is placed under the upper leg to support it in alignment and to prevent the internal rotation and adduction of the hip and rolled towels are used to support the feet in dorsiflexion to prevent foot drop.
- d. A pillow is placed under the head and neck to ensure good alignment of the sternocleidomastoid muscles.
- e. A pillow is placed under the upper arm to place it in a good alignment; the arm should be bent comfortably, internal rotation and shoulder adduction should be avoided.

