

Changes of Patients' Positions and precautions

正確翻身技巧及注意事項-中英

I. Purpose 一、目的

Changes of Patients' Positions can decrease pressure on the bone protrusion, and prevention long-term bed rest induced pressure injury.

協助改變病人姿勢，減少骨突處受壓，預防長期臥床導致皮膚壓力性損傷。

II. Procedure 二、步驟

1. The head of the bed is flat , Two people stand on both sides of the patient, one hand under the patient's shoulder and neck, and the other hand under the patient's buttocks. At the same time, move and raise the patient up (Figure 1).

1.床頭搖平，二人站立於病人兩側，一手放病人肩頸下，另一手放病人臀部下，同時抬高病人往上移動（如圖一）。

2. Step by step to changes of Patients' Positions. Must stand on the side where the patient wants to turn, move the patient to the bedside and pull up the bed rail to prevent falling down:

2.採用分段的方式進行，翻身者站於病人預側臥之對側，並協助病人移至床邊，拉起床欄防止病人跌落：

- (1)Move the upper body: Grasp the pillow on the patient's shoulders, move the patient to the caregiver (Figure 2).

(1)移動上半身：雙手抓病人雙肩處枕頭，移向照護者（如圖二）。

- (2) Move the waist: Put on hands on the patient's waist and move to the caregiver (Figure 3).

(2)移腰部：雙手放於病人腰部，將病人移向靠近照護者（如圖三）。

- (3) Move the lower body: hand under the buttocks and thigh, and move to the caregiver (Figure 4).

(3)移下半身：一手放在病人臀部下，一手放於大腿處，將病人移向床邊靠近照護者（如圖四）。

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3. Put arms on chest, cross the lower limb on the other leg, and pull up the bed rail (Figure 5).

3.將病人的手臂放於胸前及下肢交叉腿，拉上床欄（如圖五）。

4. One hand on the patient's shoulder, the other on the buttocks, and then turning the patient to the other side (Figure 6).

4.一手放病人肩膀，另一手放病人臀部，將病人翻向另一側（如圖六）。



Figure 1



Figure 2



Figure 3

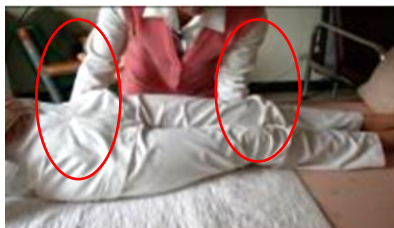


Figure 4



Figure 5



Figure 6

III. After changes of Patients' Positions 三、翻身後病人之擺位

1. Use pillows to support back and waist (Figure 7).

1.背部側躺時以枕頭支撐背部及腰彎處（如圖七）。

2. Prevention induced pressure injury, so use pillow to supports the legs and do not overlap the legs (Figure 8).

2.枕頭支撐病人雙腿，雙腿勿重疊，避免壓力性損傷（如圖八）。

3. Final, gently remove the shoulders, hips and lie on the side for 30 degrees for comfortable and maintains a good position (Figure 9).

3.雙手將輕移病人側斜30度，維持體位（如圖九）。

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Figure 7



Figure 8



Figure 9

IV. Precautions 四、注意事項

1. Avoid pulling or compressing the line under the patient's body to prevent it disconnect and causing danger.
1. 避免牽扯或壓迫病人身體下方管路，防鬆脫而發生危險。
2. Pay attention to whether the line is compressed under the body to prevent pressure injury or obstruction.
2. 注意管路是否壓迫在病人身體下方，以防鬆脫造成壓力性損傷或管路阻塞。
3. Every two hours to changes of patients' positions to maintain skin integrity.
3. 每兩小時翻身，保持皮膚完整性。
4. Keep the clothes and sheets flat, use a soft quilt to protect the bone protrusion.
4. 保持衣物及床單平整，骨突處予以柔軟物保護。
5. Prevent vomiting, and do not changes of patients' positions within one hour after feeding.
5. 餵食後一個小時內勿翻身，預防嘔吐。