

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. Adjust the head and foot of the bed to a flat position.
將床頭與床尾搖平



The patient should be positioned flat on their back, with a pillow supporting the head and neck.
病人採平躺仰臥以枕頭支撐頭頸

2. Raise and move upward.
抬高上移



Two people should use a turning sheet to exert force simultaneously, lifting the patient upward together.
兩人運用翻身單同時施力一起抬高病人往上移動

3. Bend one leg before turning
翻身前一腳彎曲



Turning to the left → bend the right knee.
若左翻身→右膝彎曲
Turning to the right → bend the left knee.
若右翻身→左膝彎曲

4. Bring the patient closer to the person turning them.
將病人靠近翻身者



First, place the patient's arms across their chest.
The person turning the patient should place one hand on the patient's shoulder and the other hand on the patient's hip.
先將病人手臂置於胸前
翻身者一手放置於病人肩部、一手放置臀部

5. Inspect the skin.
檢視皮膚



Inspect the coccyx and bony prominences for any redness or skin breakdown.
檢視尾椎骨及骨突處有無發紅、破皮

6. Use a turning pillow for assistance
使用翻身枕輔助



When lying on the side, use a turning pillow to support the lower back.
背部側躺時以翻身枕支撐腰背部處

7. Confirm the turning angle
翻身角度需確認



Maintain a 30-degree angle between the lower back and the bed surface.
腰背部與床面維持30度

8. Gently pull the shoulder outward
肩部稍微外拉



After turning, gently pull the shoulder that is in contact with the bed surface outward to relieve pressure.
翻身後將壓迫床面處的肩部稍微外拉使肩部不擠壓

9. Ensure the knees are not hanging in the air
腿部膝蓋不懸空



Use a pillow to support the slightly bent legs. Ensure the legs do not overlap to prevent pressure sores.
以枕頭支撐微彎曲的雙腿間，雙腿勿重疊，避免壓傷

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10.Ensure the heels are elevated and not under pressure.
足跟懸空勿壓迫



Ensure that the heels of both feet do not touch the bed surface.
雙腳足跟勿接觸床面

11.Keep the body in a straight line.
身體一直線



Maintain the body in a straight line to avoid tilting the head, which could cause discomfort or spinal injury.
身體維持一直線，避免頭部歪斜造成不適或脊椎受損

12.Raise the head and foot of the bed. Raise the bed rails
將床頭與床尾搖高拉上床欄杆



Raise the head of the bed to 30 degrees and elevate the foot of the bed to prevent the patient from sliding down and prevent falling out of bed.床頭抬高30度，床尾抬高避免下滑及床上跌落

III. Precautions 注意事項

If there are no contraindications, the patient should be turned every two hours.

無禁忌者，兩小時需要翻身一次

Things to pay attention to before and after turning翻身前後須注意

1. Do not eat.
(Avoid vomiting, which can lead to aspiration pneumonia.)
 2. Pay attention to the tubing:
 - * Prevent pulling or dislodging.
 - * Avoid kinking or compressing the tubing.
 - * Ensure proper tubing function.
1. 勿進食
(避免嘔吐導致吸入性肺炎)
 2. 注意管路
 - * 避免拉扯或滑脫
 - * 防止管路折住或壓迫
 - * 影響管路功能

After turning, be sure to 翻身後一定要做

Maintain comfort

1. Check the tightness of the adult diaper.
2. Check if the dressing is secure.

Prevent pressure injuries

1. Keep bed linens and clothing smooth.
2. Protect bony prominences with soft padding.

保持舒適

1. 檢查紙尿褲鬆緊度
2. 檢查敷料是否鬆脫

預防壓力性損傷

1. 保持床單及衣物平整
2. 易壓迫骨突處予以柔軟物保護