

Skill 18-1 Positioning the Patient

Student: _____

Date: _____

| | S | U |
|---|--------------------------|--------------------------|
| 1. Carries out Standard Steps A, B, C, D, and E as need indicates. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Prepares the patient for the position change. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Prepares bed: proper working height, bed flat, near side rail down, wheels locked. | <input type="checkbox"/> | <input type="checkbox"/> |

Supine Position

| | | |
|--|--------------------------|--------------------------|
| 4. Places patient supine in center of bed in good alignment. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Positions pillow under head and shoulders. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Uses pillows, trochanter rolls, and footboard as needed to maintain correct body alignment and prevent pressure on heels. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Supports arms and hands with pillows as needed; positions hands in proper alignment using splints as needed. | <input type="checkbox"/> | <input type="checkbox"/> |

Fowler's and Semi-Fowler's Position

| | | |
|---|--------------------------|--------------------------|
| 8. Elevates head of bed to correct angle. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Uses pillows, towel rolls, and supports as needed to maintain alignment and prevent pressure necrosis. | <input type="checkbox"/> | <input type="checkbox"/> |

Side-Lying Position

| | | |
|--|--------------------------|--------------------------|
| 10. With patient flat in bed, moves patient toward the far side of the bed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Rolls patient into a semi-side-lying position so that weight is not on trochanter. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Adjusts patient's alignment. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Places pillow under head and neck with ear flat. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Tucks rolled pillow at back to support in position. | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Positions arm next to mattress. | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Supports upper arm with pillow. | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Flexes upper knee and supports leg with pillow(s). | <input type="checkbox"/> | <input type="checkbox"/> |

Sims' Position

| | | |
|--|--------------------------|--------------------------|
| 18. While in side-lying position, moves patient further to far side of bed and rolls partially onto abdomen. | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Positions arms correctly and supports as needed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Readjusts pillows to provide support for leg. | <input type="checkbox"/> | <input type="checkbox"/> |

Skill 18-1 Positioning the Patient—cont'd

| | S | U |
|--|--------------------------|--------------------------|
| Prone Position | | |
| 21. With bed flat and patient on back, moves to far side of the bed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Correctly places pillow on the abdomen, and positions arms close to body with hands tucked under hips. | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Rolls patient towards self onto the abdomen; readjusts alignment and centers in the bed. | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Turns head to side and places pillow. | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Supports flexed arms at the shoulders. | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Supports lower legs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Lowers the bed and restores the unit. | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Carries out Standard Steps X, Y, and Z. | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Documents positioning. | <input type="checkbox"/> | <input type="checkbox"/> |

Successfully completed ☐

Needs practice and retesting ☐

Comments:

Instructor: _____