



# Lecture 3

## Subject Position

Theoretical

Prepared by

**Dr. Rania Abd Elmohsen Abo El nour**

Positioning is important for maintaining alignment, preventing bed sores (pressure ulcers), foot drop, and contractures. Proper positioning is also vital for providing comfort for patients who are bedridden or have decreased mobility related to a medical condition or treatment.

# Purposes (aims) of change position

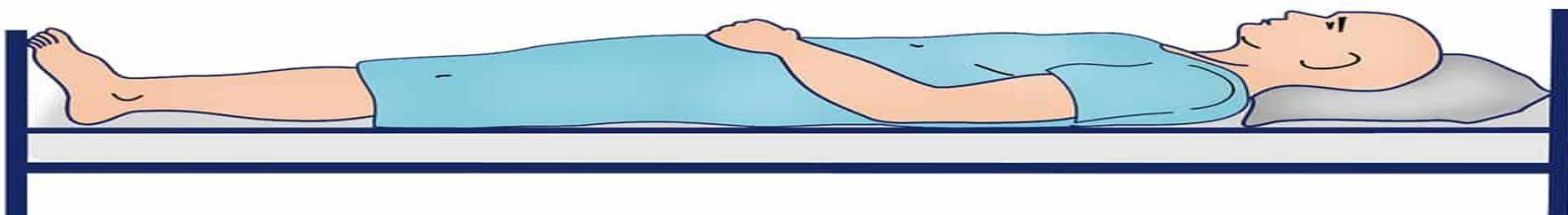
1. To promote comfort to the patient.
2. To relieve pressure on various parts.
3. To stimulate circulation.
4. To perform surgical and medical interventions.
5. To prevent complications caused by immobility.

# Supine Position

The patient lies on his back with his head and shoulders are slightly elevated

## Indication of supine position.

1. For comfort of the patient
2. Assessment of vital signs
3. Physical examination of head, neck , anterior thorax and lungs, heart, breasts , abdomen and extremities.
4. After surgeries involving the anterior portion of the body

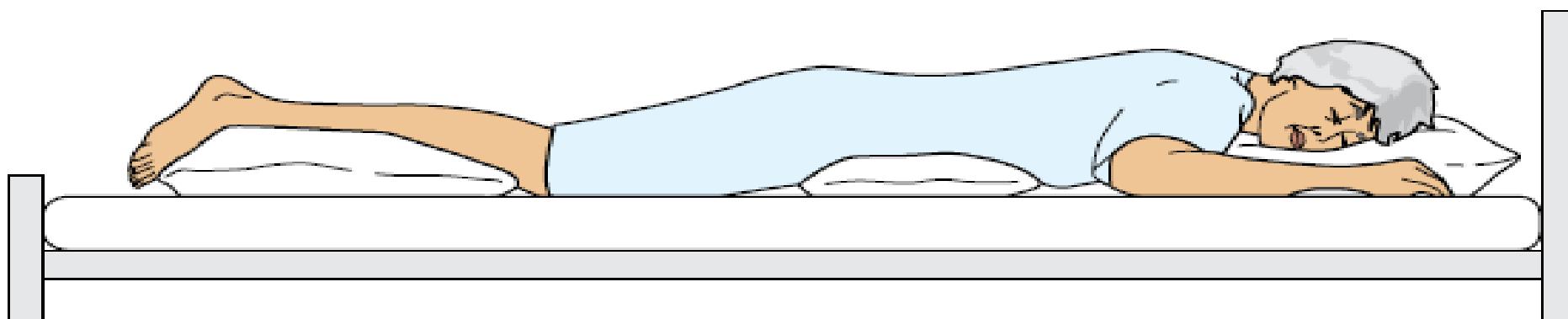


# Prone Position

patient lies on the abdomen with the head turned to one side with one small pillow under the ankle.

## Indications

1. Patient with pressure sores, burns, injuries and operations on the back.
2. To relieve abdomen distension
3. Renal biopsy.
4. Examine the back



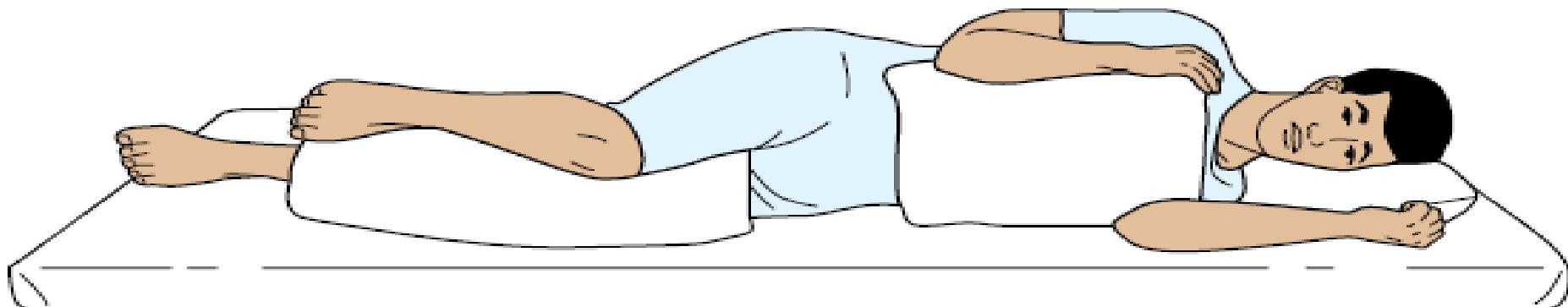
**Figure 44–52 ■ Prone position (supported).**

# Lateral Position

The client lies on the side with weight on hip and shoulder.

## INDICATIONS

1. Patients who requires periodic position changes
2. In immediate post-operative patients
3. Used for examination of perineum
4. For taking rectal temperature.
5. Giving back care
6. For giving enema and colonic irrigation.



**Figure 44–53 ■ Lateral position (supported).**

# Sims Position

**Sims' Position (semiprone position)** : the client assumes a posture halfway between the lateral and the prone positions.

## INDICATIONS

1- Vaginal and rectal examination

2- Administration of enema

and suppository

3- Used for relaxation in

antenatal exercises

4- Position for sigmoidoscopy

5- Used for unconscious patient

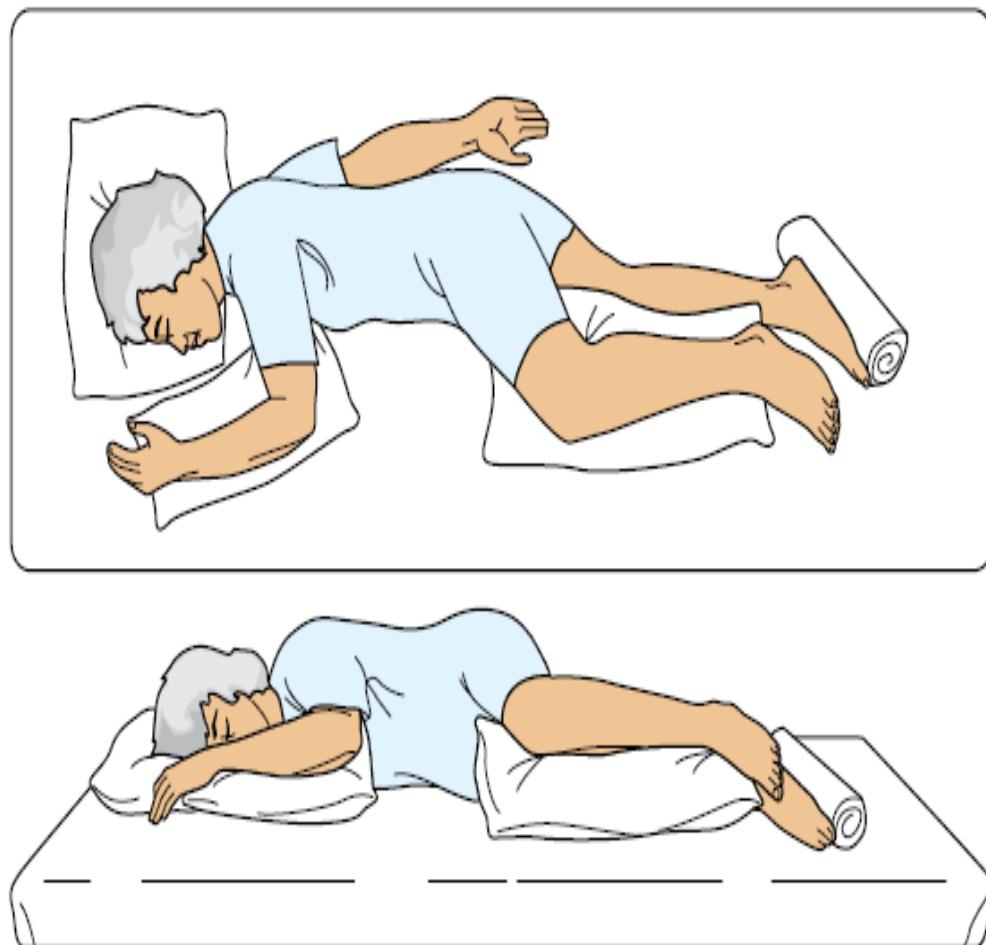


Figure 44-54 ■ Sims' position (supported).

# **Lithotomy Position**

The client lies supine with hips flexed. The legs are separated and thighs are flexed.

## **INDICATIONS**

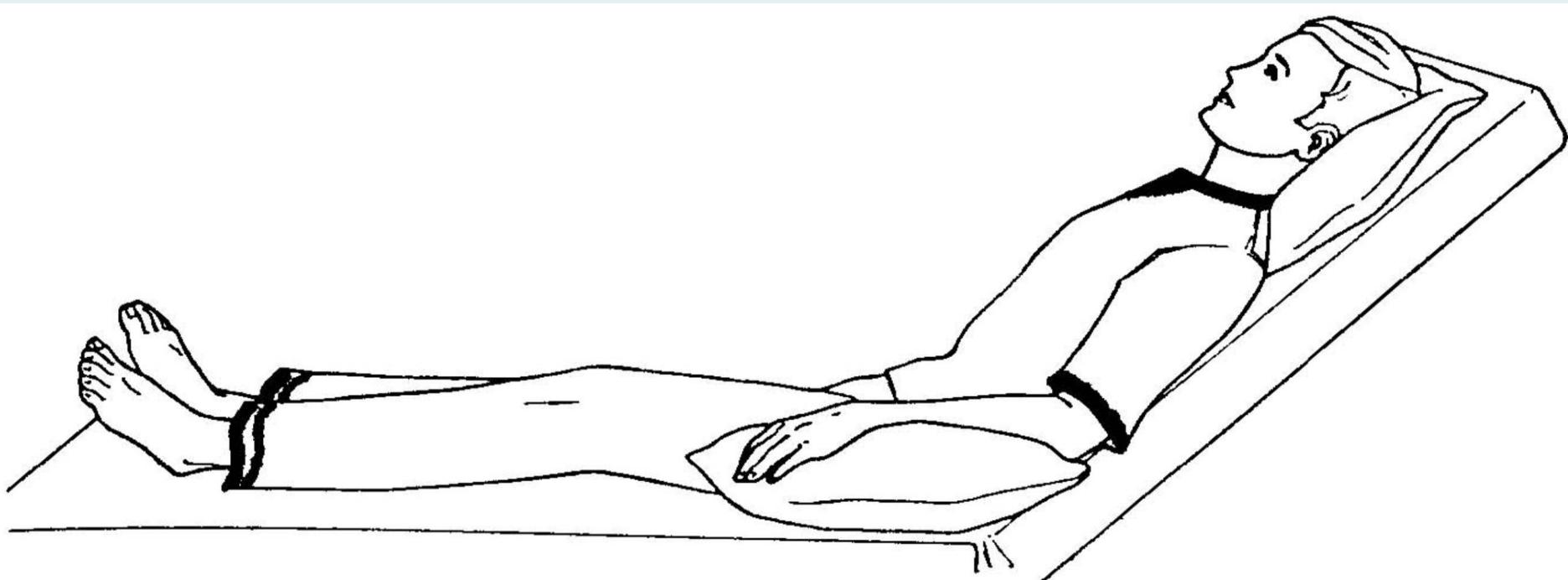
- 1- For delivery of baby
- 2- For rectal examination & surgeries
- 3- For vaginal examination & hysterectomy



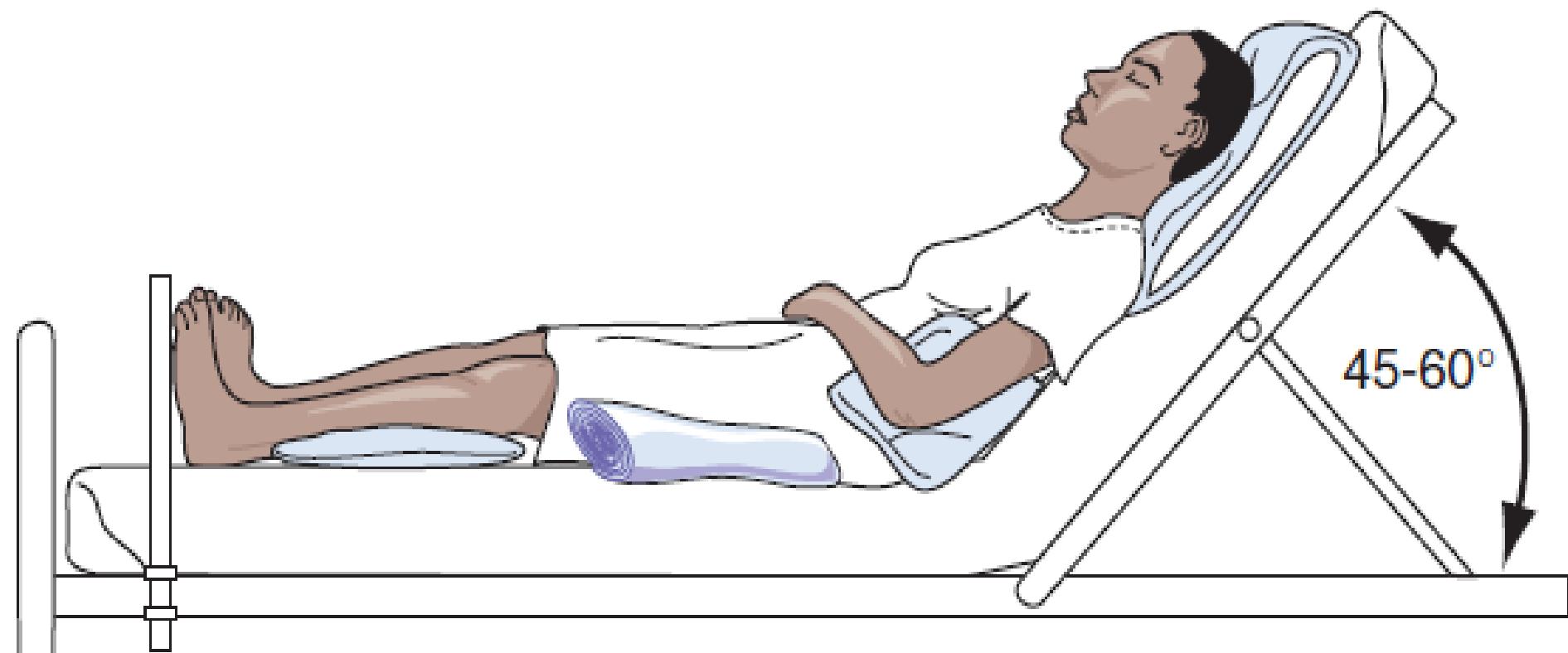
# Fowler's Position.

## INDICATIONS

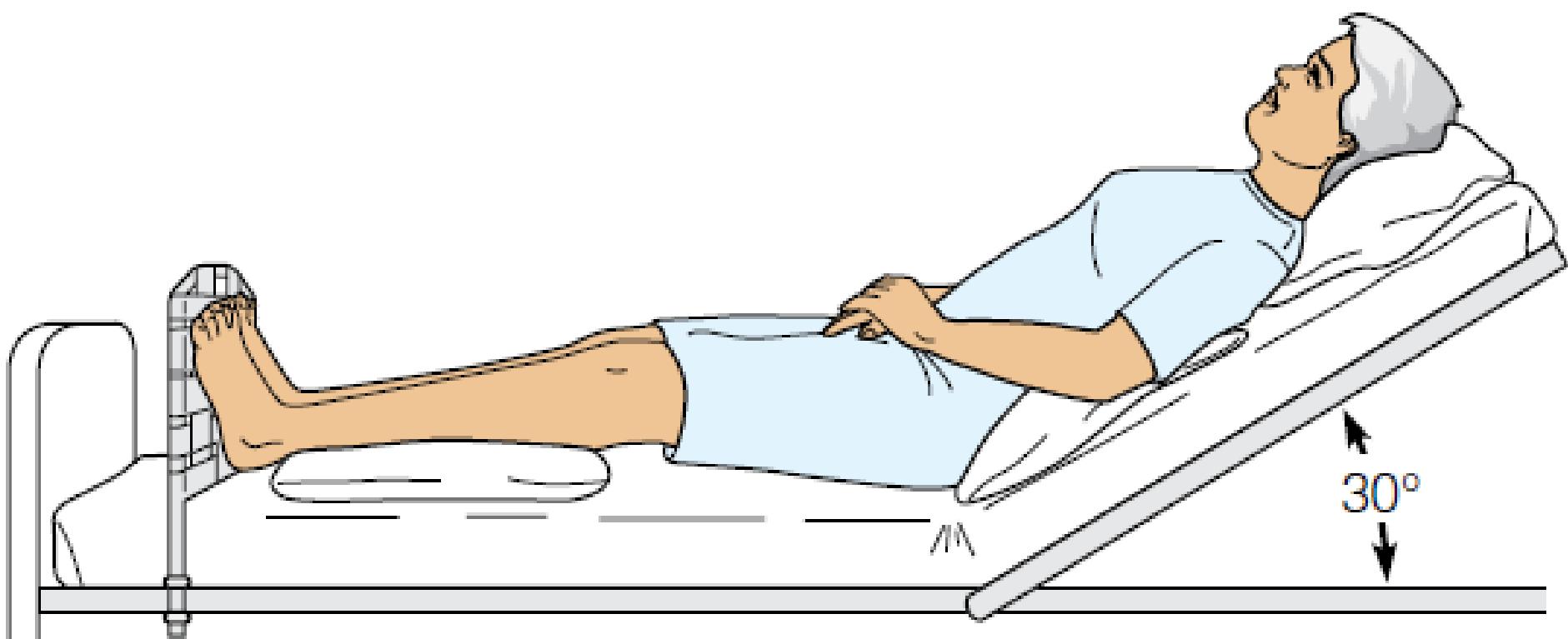
- 1- To relieve dyspnea.
- 2- To improve circulation.
- 3- To relax the muscles of the abdomen, back and thighs.



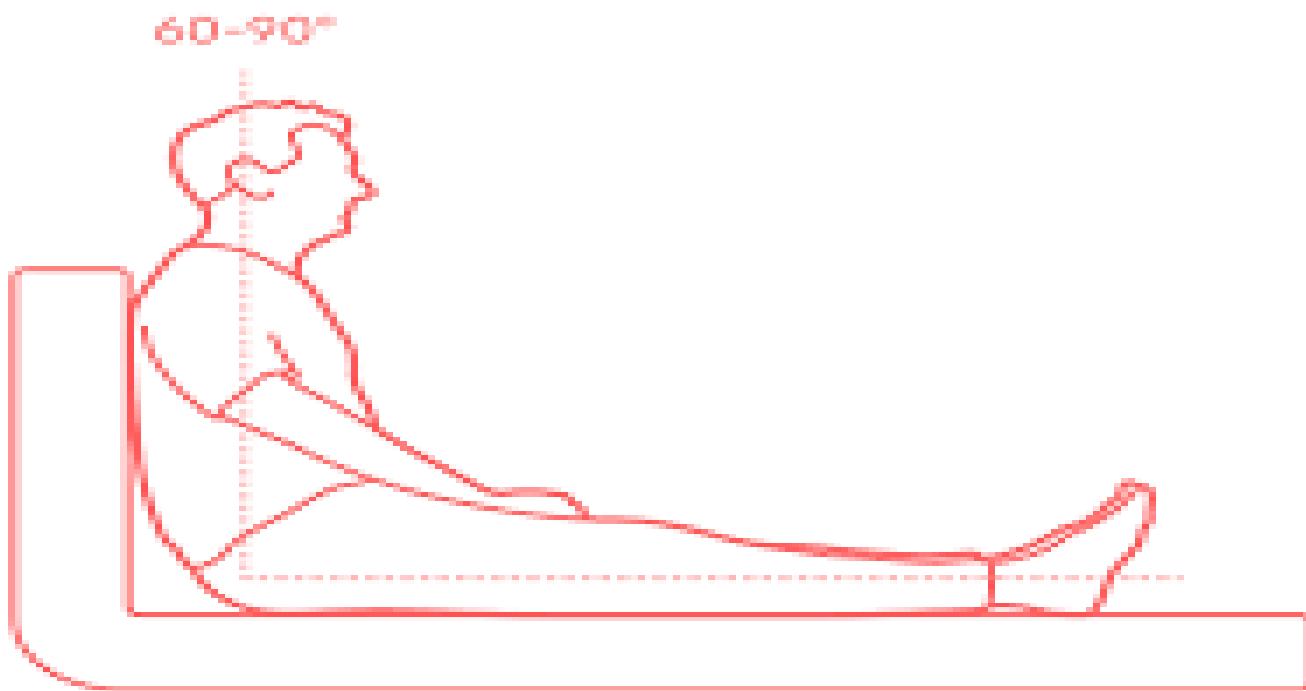
1- Fowler's position (Semi-sitting position): is a bed position in which the head and trunk are raised 45 to 60 degrees.



**2- Semi-Fowler's position (low Fowler's):** is when the head and trunk are raised 15 to 45 degrees.



**3- High Fowler's position:** the head and trunk are raised 60–90 degrees, and most often means the client is sitting upright at a right angle to the bed

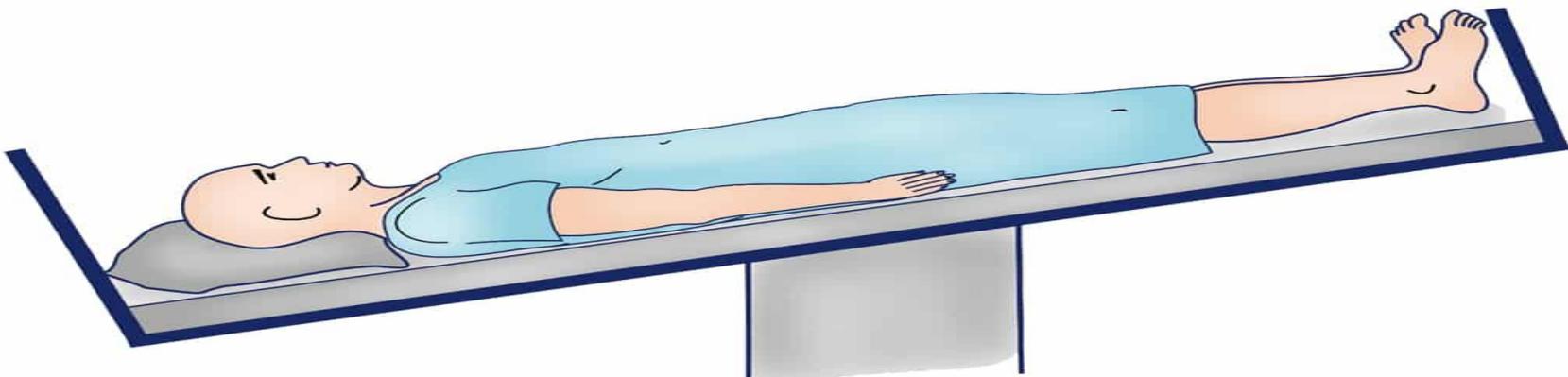


# Trendelenburg Position

The patient lies on the back with the head low. The foot of the bed is elevated at 45° angle.

## INDICATION

1. Used in emergency situations like shock, hemorrhage and hypotension
2. Postural drainage
3. Patients with deep vein thrombosis



# Reference

Berman, A. T., Snyder, S., & Frandsen, G. (2016). *Kozier & Erb's. Fundamentals of Nursing: Concepts, Process, and Practice (9 th) Edition.*

Thanks