

# SIMPLE....SAFE.... EFFECTIVE.... 30° TILT



## SEMI-RECUMBENT POSITION

**1** The patient's lower back should be positioned as far into the pillows as possible, to support the lumbar spine. Plump or fold the lower pillow if necessary.

**2** An additional pillow is placed underneath the others. The corner is carefully positioned under the buttock to 'tilt' the body and give clearance to the ischial tuberosities and sacrum.

**3** The legs are supported as in diagram 3 and 4 of the recumbent position. Ensure that the heels are clear of the mattress and that the feet are correctly positioned.

**4**

The full semi-recumbent 30° 'tilt' position.

## RECUMBENT POSITION

**1** Lie the patient in the centre of the bed. Use one or two pillows to support the head and neck.

**2** Use a further pillow to support the lumbar region and shoulder. This 'tilts' the patient onto one buttock and lifts the sacrum clear of the mattress. Use your hand to check this clearance.

**3** Support the full leg by placing it centrally on another pillow. Ensure that the heel overhangs the edge of the pillow.

**4** An additional pillow gives further comfort to any unsupported areas of the other leg.

**5**

The full recumbent 30° 'tilt' position.

**6**

**POINTS TO REMEMBER**

1. Illustration 6 demonstrates the necessity to use an additional pillow to prevent 'drop foot'.
2. It is important to explain the whole procedure to the patient, prior to repositioning, and to continue reassuring them.
3. Remember to ask the patient if they are comfortable and check their position at regular intervals.
4. The 30° tilt is used to promote patient comfort and reduce pressure over high risk areas. It should be used with, and not in place of, an appropriate pressure reducing support surface/mattress.

# SUPPORT AND COMFORT

**30° TILT POSITIONING TECHNIQUE - REFERENCES**

Pravson, KJ (1986) Positioning for comfort and pressure relief: the 30 degree alternative. *Care - Science and Practice* 6 (4): 116-119. Seller, WJ, Allen, S, Stebbins, JH (1998) Influence of the 30 degree lateral reclined position and the 'Support' 3-plane mattress on skin temperature in areas of maximum pressure. *Implications for pressure sore prevention.* *Contemporary* 30: 300-302. Seller, WJ, Stebbins, JH (1999) Skin support function as a function of 'improved' skin pressure. *Implications for Assisted Living Research.* *J of the Geriatric Care* 23(11): 271-288. Oude, D, Stebbins, JH, Powell, L, Beggs, C, Seaman, AJ (1994) Comparison of the 0° and 30° lateral reclined positions in the prevention of pressure ulcers using transcutaneous oxygen and infrared diode pressure. *Adv Wound Care* 3(3).

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