ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Repositioning

Repositioning a bedridden patient every 2 hours helps prevent pressure sores (bedsores) and increases comfort by relieving pressure on certain body parts.

Supplies Needed:

- Pillows or cushions
- A draw sheet (optional, to help move the patient)
- Bed Pads (optional, to protect the mattress)

Steps:

1. **Explain the Process:**
    a) Talk to the patient and let them know you will be helping them change positions. This can help alleviate any anxiety.
2. **Prepare the Bed:**
    a) Place a draw sheet under the patient's torso and hips to help lift and move them. If needed, place bed pads to protect the mattress from moisture or spills.
3. **Roll the Patient to One Side:**
    a) Stand on the side of the bed where you will be rolling the patient. Cross the patient's arms gently over their chest and bend their knees slightly.
    b) Place one hand on the patient's shoulder and one hand on their hip. Gently roll them toward you, onto their side. If necessary, use the draw sheet to help shift them.
4. **Place Pillows for Support:**
    a) Place pillows behind the patient's back to keep them in the side position. You can also put a pillow between their knees to keep their hips aligned and prevent pressure sores.
    b) Make sure their arms and legs are positioned comfortably.
5. **Adjust as Needed:**
    a) Check to see if the patient looks comfortable and if there are any wrinkles in the bedding that could cause discomfort. Reposition pillows or limbs as needed.
6. **Reposition Every 2 Hours:**

a) Continue to reposition the patient every two hours, alternating sides and sometimes placing them on their back (if comfortable).

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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