Keep me moving

Five things you should know about keeping patients moving

1. Patients who are immobile are at highest risk of developing pressure ulcers.

2. Regular movement or turning the patient regularly will redistribute pressure and help prevent pressure damage.

3. Patients who are being cared for on a support surface still need to be repositioned.

4. Manual handling aids should be used when moving patients to avoid dragging the patient along the mattress, which can cause skin damage.

5. Repositioning the patient is not always easy. Your safety and patient comfort are important.

For more information visit www.stopthepressure.com
# Keep me moving

## How to help patients keep moving

### 1. Reposition or turn the patient frequently
   - **a.** Use wedge/pillow to maintain 30 degree side lying position.
   - **b.** Use a thin pillow to relieve sacral pressure.
   - **c.** Raise head of bed less than 30 degrees.
   - **d.** Ensure that you are not putting the patient into a position that will put pressure on another body part.

### 2. How often should patients move?
   - **a.** Patients who are able to get out of bed or their chair should be encouraged to do so whenever possible.
   - **b.** Teach patients to change position (offload) every 15 minutes – these movements need only be small but may give a significant difference in pressure.
   - **c.** For patients who need help, reposition at least every 2 hours – eg on their **left side**, then on their **back**, then on their **right side**, all at **two-hourly** intervals.
   - **d.** Reposition immobile patients in chairs at least hourly.
   - **e.** Time spent on damaged area should be kept to a minimum.

### 3. Tell others what you are doing
   - **a.** Document positions used and frequency of repositioning.
   - **b.** Document reasons for support surface selection.

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**GREEN**

*Patient is fully mobile:* Encourage daily exercise with regular activities.

**AMBER**

*Patient needs assistance:* Encourage frequent repositioning to improve circulation and reduce time spent on damaged area.

**RED**

*Patient is immobile:* Reposition the patient at regular intervals. Use a repositioning chart and select an appropriate support surface.

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*Midlands and East*