

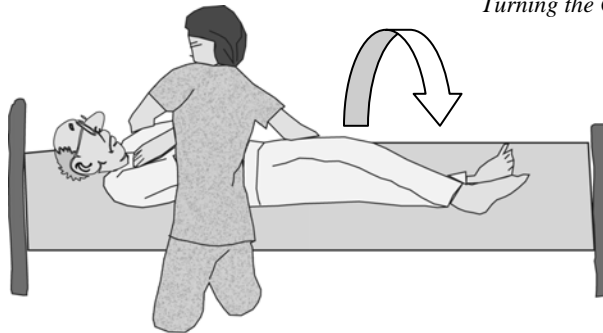
Chapter 25

USING BODY MECHANICS

PROCEDURE FOR TURNING A CLIENT ON TO HIS SIDE (3/4 TURN):

1. Wash your hands.
2. Explain what you are going to do.
3. Provide privacy.
4. If the client uses a hospital bed, raise the bed to a comfortable working height; lock the wheels on the bed.
5. Lower the head of the bed. If side rails are used, lower the rail on the side where you are working.
6. If the client has any tubing coming from his body and it is pinned to the bedding, unfasten the tubing so that it will move freely with the client.
7. Loosen the top sheets without exposing the client. Remove the pillow.
8. Cross the client's arms over his chest.
9. Cross the leg farthest from you over the leg closest to you.
10. Reach across the client and put one hand behind his far shoulder.
11. Place your other hand behind his hip and gently roll him toward you (see Figure 25.10).

Figure 25.10
Turning the Client Toward You

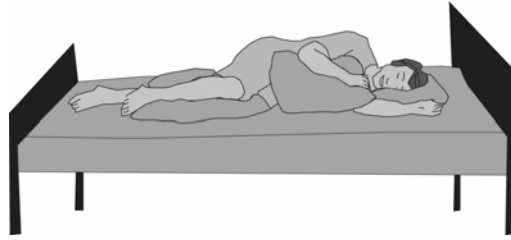


12. Fold a pillow lengthwise and place it against the client's back for support. As you face the client, pull the side of the lift sheet that is closest to you slightly toward you.
13. Support the client's head with the palm of one hand and slide a pillow under his/her head and neck with the other hand.

14. Position client's knees slightly flexed, upper leg more than the lower leg. Support the upper leg on pillow (Figure 25.11).

*Figure 25.11
Lateral Position*

15. Support upper arm on pillow.
16. Rotate lower shoulder slightly toward you so that pressure is not on the bone.
17. Place hand-roll or rolled washcloth in clean, dry hand with thumb in opposition to fingers (per service plan).



18. Make the client comfortable, fasten tubing if unpinned while moving client, and adjust bedding.
19. If necessary, lower the bed to a position of safety; raise side rails per service plan.
20. Wash your hands.

Chapter Review

1. What are body mechanics?
2. Why are body mechanics important?
3. What are the key points of body mechanics?
4. What are the principles of lifting and moving?
5. How do you move a client to head of bed according to proper procedure?
6. How do you turn a client to his side (3/4 turn) according to proper procedure?