

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

翻身、拍背之護理指導

Sir/Lady:

Nursing instructions for turning and back patting

I. Purpose: To assist patients who are unable to move, making them comfortable, reducing or preventing pressure injuries, and promoting the loosening of mucus to help the patient cough it out.

II. Steps:

- (1) Prepare: Pillows or bath blankets, a turning sheet (for potential use), and, if necessary, a percussion cup.
- (2) Adjust the bed to the appropriate height, estimate the position after the patient is turned, and move the patient to the opposite side of this position.
- (3) Stand by the side of the bed where the patient will be turned toward.
- (4) Move the patient's arm on the side of turning to the top of the head, place the other arm on the chest, extend the leg on the side of turning straight at the bottom, and bend the other leg on top. (Figure 1)
- (5) Assist the patient by extending your hand to the opposite side, placing one hand on the shoulder and the other on the abdomen. Slightly lean your body forward and help the patient turn toward the desired side. Cup your hand (Figure 2), with palms facing down, using the natural flexion of the wrist joint to gently tap the back.
- (6) Place a pillow between the patient's knees, another pillow under the chest to support the arm, and use a firm pillow or rolled towel to cushion the back and buttocks. (Figure 3)
- (7) Ensure that the patient's bedding remains smooth and dry.

III. Precautions:

- (1) Turning should be done before a meal or one hour after eating, preferably before a meal (turning once every two hours). Avoid turning the patient immediately after meals to prevent vomiting.
- (2) During turning, check bony prominences for any redness, swelling, or skin breakdown. If erythema is present, avoid putting pressure on that area and increase the frequency of turning.
- (3) Avoid strong percussion over bony areas, the waist, or the spine. Proper technique should ensure that percussion is painless.
- (4) Be cautious of any drainage tubes on the patient's body, and ensure that they remain unobstructed and are not pulled or dislodged.
- (5) For patients who have undergone spinal surgery, use the "log-rolling" technique for turning to keep the spine straight. Figures 4, 5, and 6

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Figure 1



Figure 2

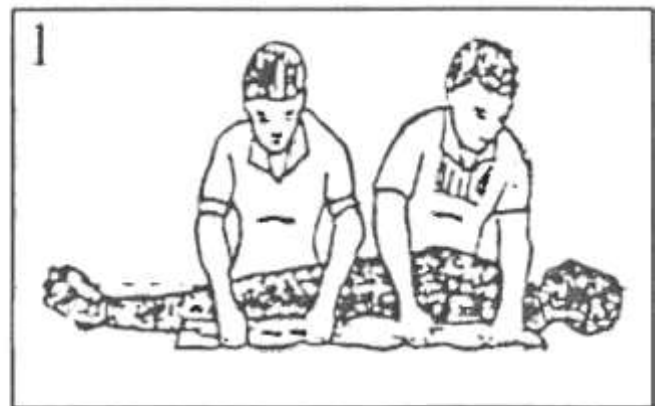


Figure 5



Figure 6



If you are still unclear about something or have any questions, please contact the nursing station in the ward.