

Are we sitting comfortably?

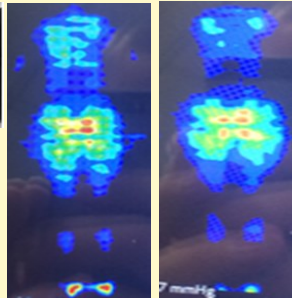
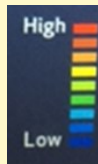
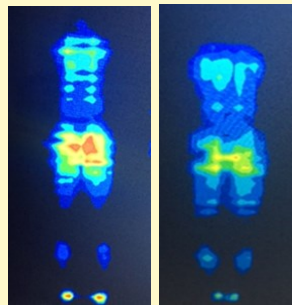
A case study of discomfort and pressure potential when repositioning people using electric profiling beds

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Lying to sitting
(pressure)



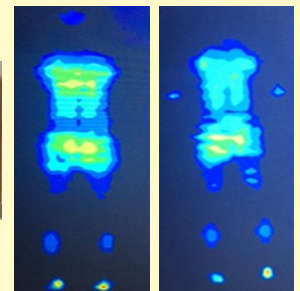
pre sweep post sweep



Sitting to lying
(pressure)



pre sweep post sweep

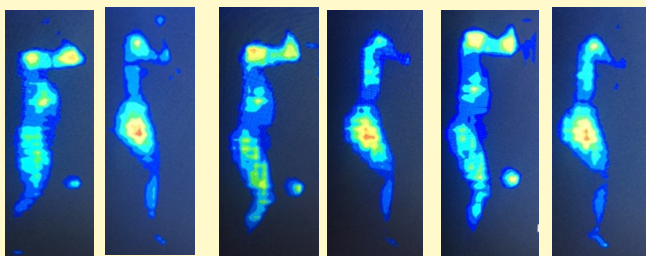


side lying

side lying elevated



male female male female post sweep



Discomfort ratings

Staff were asked for their individual scores after each repositioning and again following a slide sheet/glove sweep based on:

0 – most uncomfortable 10 – most comfortable

| Position | Pre-sweep | Post-sweep |
|----------------------------------|-----------|------------|
| Lying to sitting using back rest | 1-5 | 8-10 |
| Sitting to lying using back rest | 3-7 | 8-10 |

Outcomes

- Two main considerations — discomfort and pressure as a result of skin loading and force.
- Greater risk to people who have little or no movement.
- Heels are at increased risk with sitting and lying.
- Additional risk of increased neck flexion or extension.
- May explain refusing to eat, drink, take medication or other changes in behaviour.
- A slide sheet sweep under each side of the body from above the shoulder and out from the heel can make a difference to patient comfort and tissue safety.

Are we sitting or lying comfortably?