

Posture management

Care plan project

Many of our clients are not able to change their own position. Managing their posture is then an important aspect of their care. As part of their clinical role, Posture Management Assessors are trained to assess clients and recommend appropriate postures. They need to describe these postures to the multiple carers who look after clients day to day.

Ineffective communication about clients' needs can result in harm, when carers who do not understand position clients poorly, or for too long in one position.

Harm can include pressure ulcers, pain, lack of function, feeding difficulties and poor quality of life.

A final year OT student was asked to carry out the Care plan project as a role-emerging placement. The aim was to identify the best format for care plans so that therapists can communicate their recommendations with a variety of carers.

Below is a sample stretch care plan.

- 3 Templates: lying, sitting and stretch
- Use as well as physical demonstration
- List the equipment with pictures
- Use Arial font
- Font size 14
- Lots of white space – not all in text boxes
- Use headings
- Include photograph of ideal posture
- Arrows to match instructions with picture
- No jargon
- Red text for important information
- Written for reading age of 7-9 years
- Contact details and review date

Poster by:

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Sarah Jamieson - Clinical Advisor, Posture Management.

With special thanks to:

Nickie Amey - Occupational Therapist, the Solent Posture Management Assessor Network and Southampton University.

Reference:

AMEY, N. (2014) Posture Management Care Plan Project.
Unpublished study report. (BSc Hons) Southampton University.

Presented by:

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Therapy Posture Plan
NOT FOR RESTING

Patient Name: Sarah **Date of Birth:** 16-4-1970

Plan for Sarah to start to sit out of bed for an hour at a time


Position: Sitting in static chair

Equipment :



Sarah's chair Tilt handle Head pillow Arm pillow

Posture:



Use the moving and handling plan to hoist Sarah into the chair.

Then use the tilt handle to make Sarah lean back

Make sure her head is on the head pillow

Put the arm pillow on her lap and rest her hands on it.

Summary:
When Sarah is in the chair like this, and the tilt is making her lean back, she will be safe for up to an hour.

This gives her body a change from the bed. It is a good time to give her a meal.

Do not leave Sarah in the chair for more than one hour. Do not try this if Sarah is unwell.

If you see any changes in Sarah's comfort or want to ask anything then please call Cathryn. Her number is below.

Prescriber/Author, Community OT team, tel: 023 92 252624
Date of Plan: Date for Review: 01/08/15
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