

## Physiotherapy advice sheet: Positioning in bed

### Skeda ta'pariri dwar il-fizjoterapija: Pożizzjonar fis-sodda

This handling sheet will provide information regarding the correct positioning in bed. This is beneficial to relieve pressure on affected areas, prevent formation of deformities, promotes comfort and improves circulation. Ideally when a person spends a long time in bed, their position should be changed every **2 to 3 hours**.

L-iskop ta` din l-iskeda huwa li jipprovdi b`informazzjoni dwar pożizzjonar korrett fis-sodda. Dan jgħin sabiex tittaffa l-pressjoni fuq il-partijiet tal-ġisem affettwati, jipprevjeni deformazzjonijiet, jippromwovi l-kumdità u jtejjeb iċ-cirkulazzjoni. Idejalment, meta persuna tqatta` ħafna ħin fis-sodda, il-pożizzjoni tagħha/u tiġi mibdula kull **sagħtejn jew tlett sigħat**.

#### Propped-up in bed/Bilqiegħda fis-sodda



- Lying down facing up: neutral head, neck and trunk alignment
- Head supported with multiple cushions in the case of a normal bed. If you have a special bed adjust it as displayed in the second photo.
- You can support the arm with a pillow.
- If the patient is slipping down in bed use a block to support the feet. If you have a special bed, elevate the bottom section of the bed.
- This type of positioning is important for breathing. When a patient is short of breath the ideal positioning is propped-up.

- *Il-pazjent mimdud wiċċu il-fuq: ras, għonq u ġisem il-pazjent jħarsu fl-istess direzzjoni*
- Ras il-pazjent trid tkun issapportjata b`xi mħadded/cushions f`każ ta`sodda normali. Jekk għandek sodda speċjali rranġa d-dahar tas-sodda kif muri fit-tieni ritratt.
- Tista` tissapportja driegħ il-pazjent b`imħadda.
- Jekk il-pazjent ikun qed jiżzerżaq l-isfel fis-sodda, tista` tuża block biex tissapportja s-saqajn. Jekk qed tuża sodda speċjali, għolli n-naħa t`isfel tas-sodda.
- Dan it-tip ta`ippożizzjonar huwa mportanti għan-nifs. Meta pazjent ikun qed ibgħati minn qtugħ ta`nifs, il-pożizzjoni idejali hi bilqiegħda.

## Side lying in bed – supported with pillows / Mimdud laġenba fis-sodda – issapportjat bl-imħadded

---

- Neutral head, neck and trunk alignment
  - The arm can be supported with pillows to support the shoulder joint. If the patient starts to fall back, you can also place the cushion behind their back (photo 2)
  - Some patients might find it comfortable to sleep with a pillow between the knees. This is recommended to relieve pressure between the knees and for back pain.
  - This position is recommended for someone who has a sore over the buttocks or to prevent it.
- 
- Ras, għonq u ġisem il-pazjent jħarsu fl-istess direzzjoni
  - Jekk il-pazjent/a jidba jaqa` lura, tista` anki tpoġġi cushion wara dahru/a (ritratt 2)
  - Id-driegħ jista` jġi ssapportjat bl-imħadded sabiex tiġi ssapportjata l-ispalla.
  - Xi pazjenti jistgħu jħossuhom komdi jorqdu b'imħadda bejn irkopptejhom. Dan huwa rakkomandat fejn hemm bżonn li tittaffa l-pressjoni bejn l-irkopptejn u għal l-uġiġħ fid-dahar.
  - Din il-pożizzjoni hija rakkomandata għall-pazjent/a li għandu/ha ferita fuq il-warrani jew sabiex tippreveniha



## Offloading the heel/*Offloading* tal-għarqub

---



- This is recommended to relieve pressure on the heel to prevent a pressure sore from developing or to enhance healing of a sore.
- A pillow should be placed length wise under the knee/calf. The heel should not have contact with the bed.
- Dan huwa rrakkomandat sabiex tittaffa l-pressjoni fuq l-għarqub u b'hekk ma tiffurmax ferita tas-sodda jew tgħin biex jekk hemm waħda tfieq.
- Imħadda trid titqiegħed għat-tul taħt l-irkoppa/pexxun tar-riġel. L-għaksa ma jridx ikollha kuntatt mas-sodda.

## Arm elevation/Tgħolli d-driegħ

---



- This is recommended for people who are presenting with swelling in the arm.
  - Use one to two pillows to support the arm.
  - The hand should be higher than the shoulder as shown in the first picture.
- 
- Dan huwa rrakkomandat għall-persuni li għandhom driegħhom minfuħ.
  - Uża mħadda jew tnejn biex tissapportja d-driegħ.
  - L-id trid tkun għola mill-ispalla kif muri fl-ewwel stampa.



**hospicemalta**  
care | compassion | dignity