

30 Degree Tilt –to support pressure relief

Patient/Carer Information

Tissue Viability Service



The Patient Information Leaflets page on the Trust website is available on the link:
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Introduction

This leaflet should be used in conjunction with the Pressure Ulcer Prevention leaflet.

It aims to demonstrate the 30-degree tilt (lateral position) to allow care givers to reduce pressure relief for individuals unable to self-reposition whilst in bed. This position reduces direct pressure to the larger bones of the lower back, tail bone, buttocks and hips.

Pillows can be used to support the position and maintain support to the individual.

Alternative repositioning techniques may be required for larger individuals, or individuals with certain body shapes.

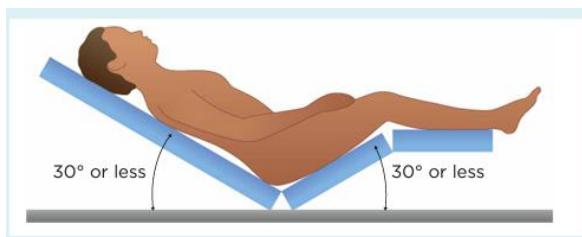


- Use one or two pillows to support the head and neck
- Roll the patient and add a pillow to the opposite side to support the shoulder and lower back, ensuring there is no pressure to the hip and buttock. This will also reduce pressure to the lower back and tail bone.
- Place a further pillow between the knees, ensuring the heel is offloaded
- Alternate the position, left and right, as per the patient's individualised pressure relieving regime. (This will be discussed and agreed with you by the health care professional overseeing their care).

- If the individual is struggling to maintain the above position, the image below demonstrates an alternative 30-degree tilt position.
- Use the palm of your hand to check there is a gap under the lower back, to ensure effective pressure relief.



- For individuals with a profiling, electric bed, 30-degree angles of the backrest and knee support can also offer pressure relief, whilst the individual is being nursed on their back.



Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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