

The Result of 30° Degree Pillow-Designed Usage for Lateral Side Lying Position

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Background: Pressure ulcers are an important health problem that is common in chronic disease patients who are unable to care for themselves or those who are unconscious. A pressure ulcer is a localized injury to the skin or underlying tissue, usually over a bony prominence as a result of unrelieved pressure such as the coccyx, hip, scapula, back, elbows and heels, etc. Pressure ulcers affect a patient's quality of life, morbidity, and mortality. According to the NPUAP guideline recommendation; turn position and proper positioning help to reduce pressure by use 30-degree lateral side lying position. Current we found more than 30-90-degree lateral side positioning practice in hospital.

Methods: This is the study report of usage the 30° degree pillow-designed for lateral lying position. The pillow is 25 cms wide, 60 cms long and 20 cms high, 30° degree slope with arm support on the top. The 30° degree pillow-designed was used to position and skin at bony prominences was observed.

Results: In 5 patients who risk to pressure ulcer, nurse use the 30° degree pillow for lateral side lying position. No pressure ulcers present at bony prominences of all.

Conclusion: Use the 30-degree pillow help to proper lateral side lying position and also may help to prevent pressure ulcer on bony prominences that related to lateral side lying position.

Reference:

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