

Nondrug Pain and Symptom Management POSITIONING

POSITIONING – assisting patient to stay in comfortable positions.

- Helps with pain management
- Decreases risk of complications such as bedsores
- Helps maintain range of motion (gently bend and straighten arms and legs while helping patient turn – don't force joints or muscles beyond a place of comfort). Use patient's reactions as a guide.

Guidelines for positioning and stretching:

- Use pillows to support patient
 - Make sure ear is flat on pillow and not turned under when patient is on his side
 - Full body pillow can be used to position patient on side
- If able to sit up, suggest to patient that he pretend to "write" the alphabet in the air using feet or arms.
 - Can alternate arms or feet writing six letters at a time
 - Example: Right foot – A, B, C, D, E, F
 - Left foot – G, H, I, J, K, L

NOTE: The RN or CNA should only administer non-drug therapies that are within his/her particular scope of practice. Please follow the policies and procedures of your facility regarding administration of non-drug therapies.

Adapted from: Beth Miller-Kraybill, Nondrug Pain & Symptom Management in *Nursing Assistant End-of-Life: Computerized Educational Program*.

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Reference: Swedish Medical Center. *Nursing Assistant End-of-Life: Computerized Educational Program*. Pittsburgh, PA: Hospice and Palliative Nursing Association; 2006.