



PROTOCOL FOR ACHIEVING VARIOUS PATIENT POSITIONS IN BED/OT TABLE ARE AS FOLLOWS.

SI No.	Position	Remarks
1	Supine	The patient lies down on the bed, with the face pointing upwards, and the body in the anatomical position. A pillow is provided under the head and neck for comfort.
2	Left lateral	Patient in the anatomical position, on the right side of the bed. His right hip and knee are flexed to 90°. His left elbow and shoulder are flexed by 90°. A pillow is placed between the patient's right ankle and left knee. A pillow is placed between the patient's left elbow and right forearm. A pillow is placed below the patient's head and another just to its left. The patient is now log-rolled to the left side and the position is achieved.
3	Right lateral	Patient in the anatomical position, on the left side of the bed. His left hip and knee are flexed to 90°. His right elbow and shoulder are flexed by 90°. A pillow is placed between the patient's left ankle and right knee. A pillow is placed between the patient's right elbow and left forearm. A pillow is placed below the patient's head and another just to its right. The patient is now log-rolled to the right side and the position is achieved.
4	30° foot end elevation	The foot end of the bed is raised by placing wooden block below the legs of the bed.
5	30° head end elevation	The head end of the bed is raised by placing wooden block below the legs of the bed
6	30° head end elevation, by breaking the bed	Here the bed is flat on the floor, with all its 4 legs in contact with the floor. The bed is broken so that the patient's hip is flexed by 30° and the "trunk, neck and head" make an angle of 30° with the level of the bed.
7	Fowler's position	Here the bed is flat on the floor, with all its 4 legs in contact with the floor. A pillow is placed/or the bed is broken at the level of the patient's knees so that an angle of 90° of knee flexion is achieved. The bed is then broken so that the patient's hip is flexed by 90° and the "trunk, neck and head" make an angle of 45° with the level of the bed.
10	Lithotomy position	Here the patient lies in anatomical position The patient's hip joint should be at the level of the breaking of the bed. A sand bag/ bolster is placed below the patient's sacrum. The patient's hips and knees are synchronously flexed and steadied in the stirrups to achieve 90° flexion in the hip and knee joint bilaterally, with an abduction of 45° at the hip joint. Ensure adequate padding over all bony prominences and course of the nerves.
11	Positions for back pain	a) Patient lies supine with a pillow below the knee joints b) Patient lies prone with a pillow below the pubic symphysis c) Patient lies on his side, hips and knees (of both lower limbs) flexed, with a pillow between the knees.