

Static positioning cushions for the partial body help with decubitus prophylaxis and/or therapy. They are used to support pressure-free positioning and to change and stabilise the position of people being cared for, especially in bed. The positioning cushions cannot replace manual changes of position, but they may be able to extend the intervals between changes and facilitate positioning. The duration of the interval depends on the individual state of health of the person being cared for. To ensure the safe use of the positioning cushion, the carer must have the appropriate technical expertise or has been instructed in the use of the product by a care professional.

Indications:

- **Decubitus prophylaxis and therapy:** Gentle positioning allows vulnerable areas of the body such as head, neck and shoulder area, pelvis, knees and legs to be temporarily positioned freely or softly.
- **Mobility restrictions and/or impaired body perception:** The positioning cushion helps to reduce the strength of pressure and shearing forces and to secure the position of people being cared for who are no longer able to change position independently.
- **Pain:** Pain relief through relieving positioning

Positioning examples

General preparation



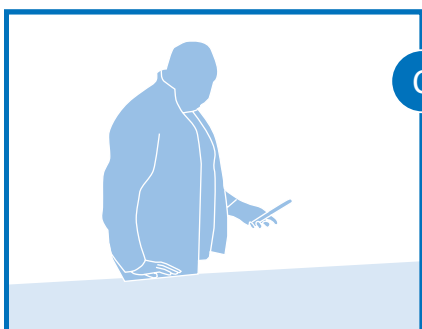
A

First check the bolster cushion for cleanliness and possible damages.



B

Please ensure that the filling is evenly distributed in the cushion during the positioning process.



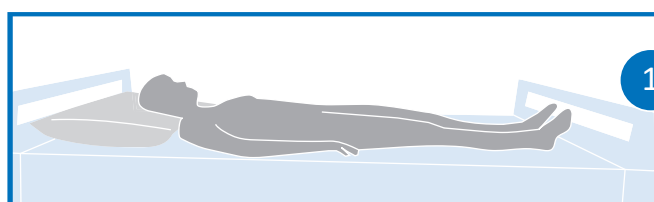
C

The care bed should be adjusted to the working height of the carer. The height of the carer's hip bone is used as a reference point.

If the person being cared for is responsive, they should be informed of every step. Make eye contact and, if accepted by the person being cared for, place your hand on their shoulder.

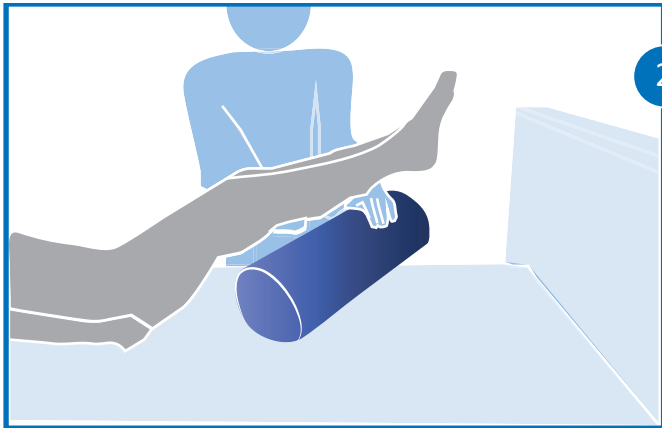
Elevated positioning of the pelvis, knee and leg area

The bolster cushion is used for pressure-relieving positioning of vulnerable areas of the body such as the head, neck and shoulder area, pelvis, knees and legs.

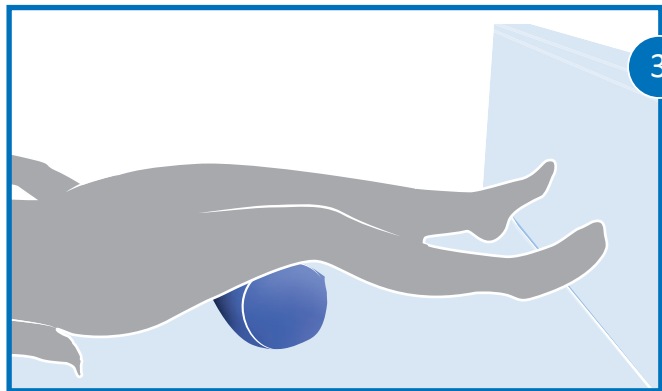


1.

In this position, the bolster cushion is used to slightly bend the knee area. This reduces the tension on the abdominal wall and facilitates breathing. At the same time, a moderate amount of pressure is relieved in the sacrum/coccyx area. The pressure in this area is reduced as a hollow back is eliminated and the entire back serves as a support surface.



The carer places one arm under both lower legs of the person being cared for in order to carefully lift them. The carer can now use the other arm to place the bolster cushion underneath the lower part of the thighs.



The carer should ensure that the bolster cushion is not positioned directly in the hollow of the knee of the person being cared for in order to protect the nerves and blood vessels.

If possible, make sure that the person being cared for agrees with the position and check to ensure that they are positioned correctly.

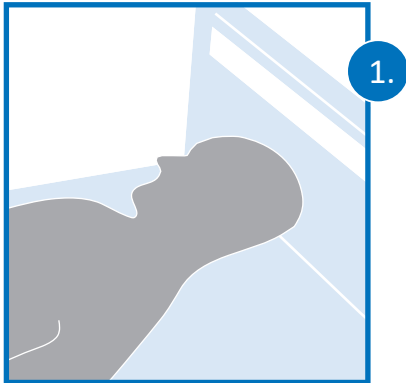
To bring the person being cared for back into the initial position, the following measures should be taken:

The carer lifts the legs of the person to be cared for and removes the bolster cushion. Check again that the person to be cared for is lying comfortably.

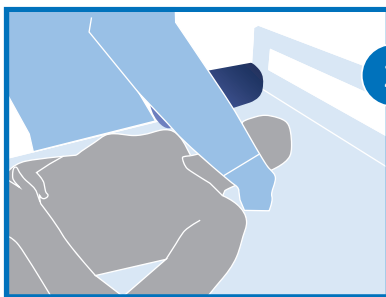
Positioning of the head, neck and shoulder area

Prepare the positioning process as described in picture A-C.

In this position, the bolster cushion can be used to support the head.



The person being cared for is positioned in the centre of the bed in a supine position.



With one hand, the carer lifts the cervical spine of the person being cared for.



With the other hand, the carer places the bolster cushion underneath the neck.



The carer should ensure that the bolster is not placed directly under the back of the head of the person being cared for.

If possible, make sure that the person being cared for agrees with the position and check the head again to make sure it is positioned correctly.

To bring the person being cared for back into the initial position, the following measures should be taken:

The carer lifts the cervical spine area of the person to be cared for and removes the bolster cushion. Check again that the person to be cared for is lying comfortably.