

病人床上翻身技巧

Technique of Changing Patient Position in Bed

一、翻身的好處

I. Advantage of Changing Position

1. 時常協助病人翻身可以預防皮膚壓瘡之情形。
1. Frequent assisting patients to changing their positions able to prevent bedsores.
2. 保持肢體於正常功能位置。
2. Keep patient's feet and hands function is in its normal condition.
3. 可以預防血栓性靜脈。
3. Prevent thrombophlebitis.
4. 可以觀察皮膚的情形。
4. Able to observe the patient's skin condition.
5. 利於呼吸道分泌物的排出，而減少感染。
5. Facilitate the discharge of respiratory tracts' secretion and reduce infection

二、翻身步驟：假如要翻向左側

II. Procedures to Changing Position: For Example changing position to left side.

1. 協助病人採仰臥平躺姿勢，
並以枕頭支托頭部。
1. Assist the patient to lie down facing up and support the head with the pillow.



2. 托扶頭，將枕頭移至對側。
2. Lift the head and shift the pillow to the opposite side.



3. 一手抱住病人頸肩部，一手
抱在病人腰下將上半身移至
靠近照顧者

3. Hold the neck and shoulder of the patient with one hand while the other hand shift the lower back of the patient to the upper part of caregiver.



4. 再將手置於臀及膝部移動
下半身靠近照顧者。
將床欄拉起，以防病人跌落，
且轉到病人對側。

4. Place the arm near the hip and knees. The lower body is close to the caregiver. Pull up the bedrails in or refer to prevent the patient from falling and turn to the opposite of the patient.



5. 將病人的對側手放於腹前，
對側腳交叉在上。

5. Cross the patients' hands on the abdomen and the feet cross the top.



6. 將手置於病人臀部及肩部，
將病人翻向照顧者。

6. Put the hand back to the pelvis and shoulder of patient. Turn the patient body heading to caregiver.



7.將枕頭置於頭頸部。

7. Place the pillow under the neck and head.

8.使病人膝及髖關節彎曲，上腿較下腿彎曲，膝間置一枕頭。

8. Bend the knees and pelvis joint of patient so that the thigh is more bent than the lower calf. Place one pillow between the knees.

9.於胸前置一枕頭以支托手臂。

9. Place one pillow on the chest to support the arms.

10.於背部置一翻身枕，以維持側臥姿勢。

10. Place one turn-around pillow on the back to maintain the sideway laying down position.



側躺在健側 Lie down on sideway



側躺在患側 Lie down on sideway, against the affected area.

參考資料 Reference Information :

Minor M.A.D. & Minor S.D (2014). Turning and positioning. In Patient care skills 7th ed. (pp. 162-163, pp169-170). Upper Saddle River, NJ: Pearson education Inc.

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 70 病房分機 7001、7002

If you need further information about matters above, Please call telephone :05-2756000 transfer to 70 ward extension 7001,7002

Stm 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您
ST.Martin De Porres Hospital Concern about you

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