

**CHAPTER 8
POSITIONING A PATIENT**

Learning Objective:

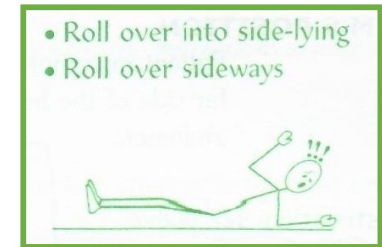
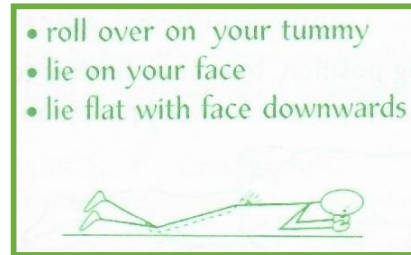
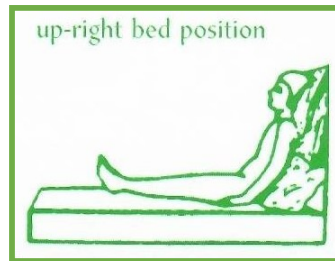
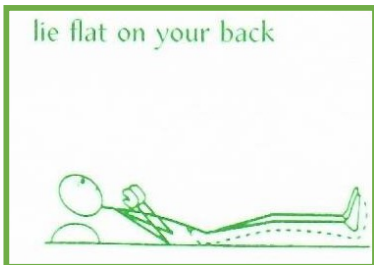
- Give instructions on positioning a patient

VOCABULARY

alignment	: (n) penempatan pada posisi yang benar
accomplish	: (v) memenuhi
sideways	: (adv,adj) miring
lean	: (n,v) condong/miring
up-right	: tegak lurus
downwards	: (adv) menghadap ke bawah.
forward	: (adj) ke arah depan
elevate	: (v) menaikkan, meninggikan
lower	: (adj,v) menurunkan.
decubitus	: (adj) keadaan kulit yang luka karena tekanan/posisi yang tidak berubah
tummy	: (n) daerah perut (khususnya berbicara dengan anak)

USEFUL EXPRESSION

A. Basic instruction



B. Patient Positioning

SUPINE

- Now, lie flat in(supine position)
- I need(this pillow, towel) under your...
to put
to place



SEMI-FOWLER'S POSITION

(with head of bed 30°-60°)
Now, I (want/need) to
elevate/lower the head of
your bed.



FOWLER'S POSITION

(with head of bed 60°-90°)
Now, I (want/need) to
elevate/lower the head of your
bed. (to make you more
comfortable)



SIDE LYING/SIDWAYS

- Now, I want you tointo side-lying
- Would you.....
- I need to help you.....

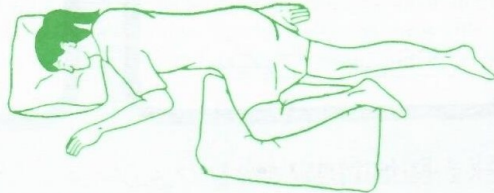
change your position
roll yourself



SIM'S POSITION

Patient in complete side-lying position, but move further to the far side of the bed. Partially roll patient forward partly on abdomen.

Instruction: see above



Just extend your left knee
Now I need to put/place this (pillow) under your left knee.

PRONE POSITION

I need to help you
Let me help you
I want you to

change your position with face downwards
change your position to lie on your tummy.

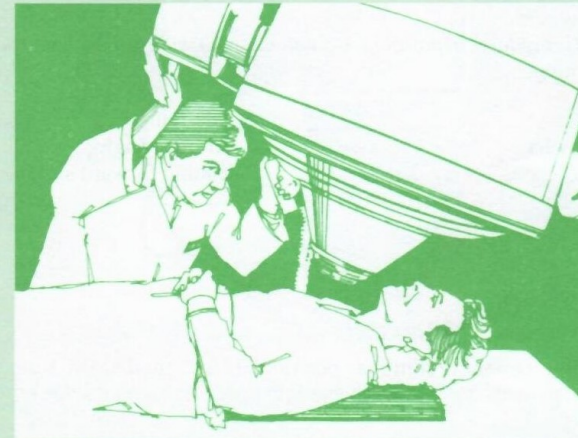


I will (put/place) this (pillow) under your stomach.
Just extend your right elbow.
Place your left hand under your hip.
That's fine.

ACTIVITY 1

Study the conversation and complete it.

Nurse : Good morning Mr. Stanford. How are you?
Patient : Good morning Nurse. Not very well, I'm afraid.
Nurse : Mr. Stanford. You'll have some tests done to find out exactly what's causing your problem.
Patient : What kind of test do I need?
Nurse : It is a complete blood count. Now I need to take your blood sample (1).....
....., on your back.....
(the nurse takes the blood sample).....
Patient : Any other test?
Nurse : Yes. You will have a barium meal. I will assist you in taking it. (in the x-ray department)
Patient : So what should I do?
Nurse : Well, let me explain the procedure. This test is to help him (the person in charge) get a picture of the inside of your gullet and your stomach so that we can find out what's causing you these pains there. You'll drink a liquid and the doctor will take a picture.....
(Having a barium meal)



Doctor : OK. Mr. Stanford, (2)..... while I give you a cup of liquid to drink.Now I'd like you to drink the liquid and I'll be taking pictures of it as it goes down. That's fine.
Patient : Thank you, doc.

ACTIVITY 2

- Make a conversation
- Explain the procedures of positioning a patient. (You will start each position from supine)
 1. Supine
 2. Semi fowler
 3. Fowler
 4. Prone
 5. Side-lying
 6. Sitting upright
 7. Leaning forward sitting