



## ***Repositioning***

**Objective** To focus your staff on repositioning as a pressure injury prevention intervention.

**First** Ask staff how many days their unit has been since they acquired a pressure injury?

- a. If zero, ask how many days in the past week have they been without an acquired pressure injury.
- b. Congratulate each successful day!
- c. Update your Pressure Free Zone tracking wipe board.

### **Review**

- a. The importance of repositioning residents both lying and sitting to keep acquired pressure injuries at zero.
- b. The Pressure Points poster and each tip for pressure relief.
- c. The "Tip the Waiter" teaching guide to promote a new technique for shifting weight while residents are sitting. Have staff practice this technique during session.
- d. Those residents at higher risk for developing pressure injuries in the Winter months

### **Ask**

- a. Do you have enough positioning devices to properly position your residents?
- b. What can you do differently in your daily routine to provide frequent weight shifts in your residents? (possible answers include: "Tip the Waiter", toilet more frequently, use pillows and positioning devices, tilt chairs back, keep head of bed at 30 degrees or below, naps, etc.)

**Emphasize** Repositioning is critical in prevention of pressure injuries. Pressure on a bony prominence decreases blood supply leading to tissue damage.

**Lesson** Frequent repositioning and weight shifting are essential to preventing zero acquired pressure injuries with our residents.