Positioning the Patient
Positioning the Patient

• Observe safety factors to prevent falls and injury
• Assist the patient on to the exam table
• Protect the patient’s privacy
• During the procedure:
  – reassure the patient
  – observe for signs of distress
• After use, tables are cleaned with a disinfectant
Positioning the Patient

Sitting

Patient sitting on exam table
Positioning the Patient

Horizontal Recumbent (Supine)

Patient lying on back, legs extended, arms to sides
Sometimes with the hands behind the head or neck
Positioning the Patient

Horizontal Recumbent (Supine)

Used for examinations and treatments of the front part of the body
Positioning the Patient

Prone

Patient lying face side down
Positioning the Patient

Prone

Used for examinations and treatments of the back part of the body.
Positioning the Patient

Sim’s

Patient lying on left side, left arm to back, right arm to front, right knee bent to chest
Positioning the Patient

Sim’s

Used for examinations and treatments of the rectal area
Positioning the Patient

Fowler’s

Patient lying on back with head of bed elevated
Positioning the Patient

Fowler’s

Used to facilitate breathing, promote drainage and for examinations of the neck
Positioning the Patient

**Lithotomy**

- Patient lying on back, knees bent, feet flat on bed approximately two feet apart
Positioning the Patient

Lithotomy

Used for:
- vaginal examinations
- Pap tests
- urinary exams and procedures
- pelvic surgery
Positioning the Patient

Trendelenburg

• Patient lying on back, head of bed lowered
Positioning the Patient

**Trendelenburg**

Used to promote blood flow to the head and brain, such as shock
Positioning the Patient

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  – reassure the patient
  – observe for signs of distress
• After use, tables are cleaned with a disinfectant
Positioning the Patient

Demonstrate the skill
Provide for guided practice
Provide for independent practice
Verify student passing