

Turning Your Loved One

Turning is very important for many reasons. The most important reason to turn is to reduce the chance or reduce the intensity of bed sores. Bed sores are areas of the body that form sores because a person has been in one position too long and there is not enough circulation, thus causing areas of the skin to die.

How to Turn Your Loved One

1. Move your loved one to one side of the bed. (See "Using A Turning Sheet" below)
2. Bend their far knee over the near one and place the arms across the chest.
3. Spread your feet, bend your knees, and place one foot slightly behind the other. (This will help protect your back while turning.)
4. Place one of your hands on the shoulder and one on the hip on the far side of your loved one.
5. Roll toward you.
6. Place pillows behind the back and between the legs to help keep them in place.

It is recommended that a bed-bound person be turned every two (2) hours from side to back to opposite side. There is, however, no need to sit up all night to turn your loved one. At bedtime, make sure he/she is dry and clean. Also, make sure there is nothing causing unneeded pressure on the body, such as bundled up sheets, catheter tubes, etc.

Using a Turning Sheet

A turning sheet is a normal bedsheet that is placed under a person from the upper back to the mid-thigh area. It is a helpful positioning device. It can be used to help move, lift, and turn a person from side to side. A turning sheet can be easily made by folding a flat sheet in half and then in half again, then placing it under the person.

- It is best to have two people to move a person, when possible.
- Each person should stand on opposite sides of the bed.
- Roll the turning sheet close to the patient.
- Bend your hips and knees; spread your feet. This is to help protect your back.
- Move patient to desired position.