



Postural Care Profile - EXAMPLE

Name: Anon

Address:

Date:

“Postural Care is gentle, respectful, consistent and effective to protect and restore body shape, muscle tone and quality of life” (Simple Stuff Works).

This profile has been designed to provide a pictorial overview of postural care recommendations and is to be read in conjunction with the person's Postural Care Guidelines, Moving & Handling Plan and additional Passive Movement Programme. Unless otherwise stated, 2 people are required to support with all transfers and positioning.

Wheelchair

Chair Details: Ottobock moulded seat on a Neo base

Instructions:



Photo

Anon sitting in chair

As Anon is hoisted into her chair ensure that you rotate her pelvis slightly in order to aid positioning.

Secure the pelvic bar into place. This should easily click into place if Anon is relaxed and correctly positioned back into the chair. If this is not possible you will need to use the hoist in order to reposition again. Never force the pelvic.

Top Tips:

- ❖ When hoisting into wheelchair, guide hips and ensure pelvis is in symmetry
- ❖ Ensure Anon is sat as far back as possible
- ❖ Ensure lap strap is correctly positioned – e.g. flat of hand behind but cannot waggle it.
- ❖ Using integral tray (if available) and/or v pillow - this helps support upper limbs and will help maximise functional skills and support posture
- ❖ Use tilt-in-space mechanism to redistribute pressure
- ❖ Adjust clothing to maximise comfort

Casual seating

Chair Details:

Instructions:

Anon doesn't currently have a casual chair, this is under review.

Top Tips:

- ❖ When hoisting into chair, guide hips and ensure pelvis is in symmetry
- ❖ Ensure person is sat as far back as possible
- ❖ When securing lap strap (if required), ensure they are not too tight against abdomen
- ❖ Casual seating should be used as an alternative day position and not instead of a specialist wheelchair
- ❖ Adjust clothing to maximise comfort

Daytime lying

Equipment: Informal system; selection of pillows

Instructions:

Roll Anon on to her left side
Ensure her shoulders and pelvis is in line
Use standard pillow lengthways down back to support her spine
Use pillow(s) between her knees and feet

Photo

Anon lying on left side

Photo

Anon lying on left side, photo showing different angle

Top Tips:

- ❖ Consider passive movement/stretches or rest before supporting Anon directly into lying position from seating
- ❖ Adopting a more formal daytime lying position could be used to slowly introduce night time positioning
- ❖ Consider temperature regulation especially during warmer days

Night time lying

Equipment: Informal system; SymmetriSleep topper mattress and sheet with 2 pillows and a rolled up hand towel

Instructions:

Standard pillow supporting Anon's head
Rolled towel placed under top mattress supporting left side of Anon's rib cage and pelvis
Standard pillow supporting the entire length of the lower legs

Top Tips:

- ❖ Consider passive movement/stretchers or rest before supporting a person directly into lying position from seating
- ❖ **Be aware that people can overheat at night time**
- ❖ Ensure bed is at an angle of at least 30-45° if Anon experiences gastro reflux
- ❖ Adjust clothing to maximise comfort and protect skin integrity

Moving and handling considerations

- ❖ Stop and think – consider load, task, environment and individual
- ❖ Position the feet – ensure a good base of support by placing your feet a shoulders

Photo

Anon in night time lying position, in bed

- ❖ Move your whole body and legs not just your arms and back

Risk considerations

- ❖ **Skin Integrity:**
Pressure mapping and regular visual monitoring of skin
Moisture wick fabric
Regular position changes
Correct application of equipment; right size and right fit
Consider pressure relieving equipment
- ❖ **Thermoregulation**
Risk of overheating especially in lying position; monitor core temperature
Moisture wick fabric
Consider use of thermostat in room
- ❖ **Physical Health:**
Ensure bed is at an angle of at least 30-45° if the person experiences gastro reflux
Where relevant, ensure epilepsy monitoring device is compatible with equipment
If complaining/showing signs of pain/discomfort establish location and possible cause (a pain recognition tool may prove beneficial)

Any concerns report to GP and Physiotherapist/OT

Key Contact Details

CMG Healthcare Facilitator: Katie Reid 07717856911
CMG Clinical Educator: Erren Wheatland 07585969020
Physiotherapist: David Warner (Independent) via (Phone Number)
Occupational Therapist: Name of Therapist (Independent)
Wheelchair Services: Sussex Rehab Centre (Sussex Community NHS Trust) 01273 242155
Wheelchair Repair: AJ Mobility 01903 211199
Equipment Manufacturers: SymmetriKit 01531 635388

Signpost to useful resources

Postural Care: A simple introduction (Simple Stuff Works)

<https://www.youtube.com/watch?v=h9-1wNT0ceA&feature=youtu.be>

Postural Care: Myth Buster Animation (Simple Stuff Works)

<https://www.youtube.com/watch?v=r2B7qcQkpwE>

Postural care: Protecting and restoring body shape (Mencap)

<https://www.mencap.org.uk/sites/default/files/2016-11/Postural%20Care%20booklet.pdf>