



Postural Care Profile

Name:

Service:

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:

Instructions:

Top Tips:

- ❖ When hoisting into wheelchair, guide hips and ensure pelvis is in symmetry
- ❖ Ensure the person 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:

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:

Instructions:

Top Tips:

- ❖ Consider passive movement/stretches or rest before supporting a person 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:

Instructions:

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 person 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 width apart and one foot in front of the other
- ❖ Adopt a good posture – maintain spinal curves and activate your transverse abdominus (suck in your stomach)
- ❖ Keep close to the person, with a secure grip
- ❖ 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 individual 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

Contact Details (Name and Number)

Physiotherapist:

Occupational Therapist:

Wheelchair Services:

Wheelchair Repair:

Equipment Manufacturers:

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>