

# Simple... safe... effective... the 30° tilt

## Semi-recumbent Position

1



Supports the lumbar spine. Plump or fold the lower pillow if necessary.

2



An additional pillow is positioned under the buttock to 'tilt' the body, giving the ischial tuberosities and sacrum clearance.

3



Ensure that the heels are clear of the mattress.

4



The full semi-recumbent 30° 'tilt' position.

## Recumbent Position

1



Use one or two pillows to support the head and neck.

2



Added pillows 'tilt' the patient onto one buttock and lifts the sacrum clear of the mattress.

3



Support the full leg on another pillow. Ensure that the heel overhangs the edge of the pillow.

4



Additional pillows may provide comfort for the legs.

5



The full recumbent 30° 'tilt' position.

6



This demonstrates the necessity to use an additional pillow to prevent 'drop foot'.

7



Variant position. Alternative position for patients who cannot achieve or maintain normal posture.

### Points to remember

1. Encourage patients to re-position themselves if possible.
2. Remember to ask the patient if they are comfortable and check their position and skin\* at regular intervals.
3. The 30° 'tilt' is used to enhance patient comfort and reduce pressure over high risk areas. It should be used with, and not in place of, an appropriate pressure reducing support surface/mattress and in line with Trust pressure ulcer prevention protocols.
4. Use your hand to check clearance.

\* Consult Tissue Viability for guidance on skin condition if concerned

[www.thinkpressurecare.co.uk](http://www.thinkpressurecare.co.uk)

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