

翻身注意事項(英文) Precautions for Turn-Over

一、目的(Purpose)

- (一) 維持舒適臥位及皮膚完整性，緩減身體組織受壓，降低壓傷的發生率。
Keep comfortable lying positions and conditions of intact skin to relieve tissue compression, reducing the incidence of pressure injury.
- (二) 維持肢體正常功能位置，預防關節僵硬和肌肉攣縮情況發生。
Keep normally functional locations of the extremities, preventing any joint stiffness and muscle contracture.

二、適用對象(Applicable subjects)

適用於長期臥床、肢體癱瘓或手術後無法自行翻身的病人。

This is applicable to long-term bedridden, limb-paralyzed or postoperative patients unable to voluntarily turn the body over.

三、用物準備(Preparing materials)

枕頭 2 個、翻身單 1 件。

Two pillows and one turn-over blanket.

四、執行步驟(Implementation procedure)

- (一) 翻身前，先確認病人身上所有管路種類及長度，需預留管路長度或暫時將管路固定於病人身上，以防過程中不慎拉扯。
- (二) 執行翻身前，應配合照顧者之身高，將床身搖至與臀部同高。
- (三) 將床頭搖平，照顧者先站在要翻身方向的對側，若背部有放置枕頭則先移除，協助病人採平躺姿勢。

Before turn-over, first make sure types and lengths of all tubing on patient's body, it is required to reserve certain length for the tubing or temporarily fix the tubing on patient's body, preventing accidental dragging during the procedure.



Before performing turn-over, the bed height should be turned to caregiver's hip level based on caregiver's height.

Turn the bed head flat, the caregiver first stands at opposite side of the direction to be turned over, removing any pillow placed under the back, helping the patient to take a supine position.



- (四) 運用翻身單將病人下半身平行移向自己後拉上床欄。

Use the turn-over blanket to parallelly move patient's lower body toward caregiver, lifting up the bedrail.



- (五) 將病人雙手交叉放於胸前，避免翻身過程中壓到手臂，造成不適。

Make patient's both arms cross over the chest to avoid any discomfort due to compression of the arms during turn-over.



- (六) 照顧者走到翻身側，將病人雙膝彎曲呈90度。

Caregiver walks to the side turned over, making patient's knees bent to 90 degrees.



- (七) 照顧者一手置於病人臀部外側，另一手置於病人肩胛骨後方，利用翻身單拉轉病人使其翻向照顧者。

With one arm putting on patient's outer hip and the other arm placing on the back of extrascapular plate, use the turn-over blanket to pull and turn the patient to make him turn toward caregiver.



- (八) 翻身後在病人背後以枕頭墊於背臀部，使身體與床形成側斜30度，維持病人側臥姿勢。

After turn-over, pad patient's back and hips with a pillow to make the body 30 degrees to the bed, keeping the patient in a position of lying on the side.



- (九) 翻身後可利用軟枕等用物減輕局部壓力，如手肘、腳踝、腳跟等骨突處，以減少壓傷形成的機會。

After turn-over, objects such as soft pillows may be used to reduce focal pressure on bony prominences such as elbows, ankles and heels to minimize possibility of developing pressure injury.



五、注意事項(Precautions)

- (一) 長期臥床、肢體癱瘓或手術後無法自行翻身病人，至少應每2小時翻身一次。

For long-term bedridden, limb-paralyzed or postoperative patients unable to voluntarily turn the body over, turn-over should be performed at least once every 2 hours.



- (二) 避免於進食前後半小時內翻身，以防胃內食物逆流嗆入氣管內。
To avoid any food reflux from the stomach choking into trachea, do not perform turn-over within 30 minutes before or after having meals.
- (三) 當病人有頭部外傷、脊髓損傷、骨折、髖或膝關節置換等情形，請徵詢醫護人員了解其特殊翻身及擺位方式。
For patients with head trauma, spinal damage, bone fracture, hip or received knee joint replacement, please consult medical personnel to learn about specific approaches regarding turn-over and positions.
- (四) 使用翻身單，翻轉病人時以平穩的力量移動，小心施力，避免照顧者拉傷肌肉或使病人受到驚嚇；過程中注意安全，預防病人翻落。
In turning over the patient using a turn-over blanket, move with steady strength using careful force, avoiding caregiver's muscle strain or to frighten the patient; pay attention to safety during the procedure, preventing the patient from fall.
- (五) 翻身後調整頭部位置，避免頸部屈曲或歪斜；可利用毛巾捲軸做適當的支撐，使頭頸部成一直線；可以軟枕等用物，維持足部適當支撐，防止發生垂足。
After turn-over, adjust position of the head, avoiding flexion or crooking from the neck; a rolled-up towel may be used for appropriate support to make the head and neck in alignment; objects such as a soft pillow may be used to keep appropriate support for feet to avoid dropped foot.
- (六) 肢體癱瘓的病人，因感覺異常無法感覺疼痛或壓迫，需經常檢視其肢體的擺位及循環功能。
For limb-paralyzed patients who are unable to sense pain or compression due to abnormal sensation, it would be required to regularly examine limb positions and circulation function.
- (七) 翻身時須注意整理床褥並維持床單平整。
Be sure to keep the bedding well organized during turning-over, keeping the sheet flatly neat.
- (八) 必要時可使用氣墊床、脂肪墊及水球等工具，以減輕壓力避免壓傷造成。
If appropriate, tools such as air cushion bed, viscoelastic polymer pad and water balls may be used to reduce pressure, avoiding any pressure injury.

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護理指導評值 Nursing Guidance Evaluation

◎是非題 True or false

- () 翻身前應協助病人躺平，以利更換臥姿？
Before turn-over, it is required to help the patient taking a supine position to benefit changing lying positions?
- () 翻身時不需特別注意病人的管路，反正都已有固定？
It is unnecessary to particularly notice patient's tubing because it has been fixed already?
- () 翻身前後可以給予病人灌食，沒有影響？
It is acceptable to perform tube feeding for the patient before or after turn-over?

◎選擇題 Multiple-choice question

- () 翻身時可以使用枕頭放於病人何處，以避免受壓？
(1)手肘；(2)腳踝；(3)腳跟；(4)骨突；(5)以上皆是
In performing turn-over, which portion of the patient's body may be placed with a pillow to avoid compression?
(1) elbows; (2) ankles; (3) heels; (4) bony prominences; (5) all of the above



5. () 翻身完病人的側身傾斜角度應與床板呈多少角度？

(1) 0 度；(2) 30 度；(3) 60 度；(4) 90 度

After turn-over, how many degrees should be kept for the angle between the tilting body of the patient lying on the side and the bed?

(1) 0 degree; (2) 30 degrees; (3) 60 degrees; (4) 90 degrees

6. () 應至少間隔多少時間協助病人翻身更換臥姿以避免產生壓傷？

(1) 5 分鐘；(2) 2 小時；(3) 6 小時；(4) 一天

How long is the maximal time interval to perform turn-over with changing lying position for the patient to prevent pressure injury?

(1) 5 minutes; (2) 2 hours; (3) 6 hours; (4) one day

(答對 5-6 題⇒完全了解；答對 3-4 題⇒部分了解；答對 1-2 題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒completely understood; correct in 3 or 4 questions ⇒partially understood; correct in 1 or 2 questions ⇒not understood at all)

1.(O) 2.(X) 3.(X) 4.(5) 5.(2) 6.(2)

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