



SUPINE METHOD -

INTENSIVE CARE (IC) / MEDIUM CARE (MC)



- IC / MC
- Distress at night due to repositioning
- Spine, tailbone and heel decubitus





First, place patient in bed without Twister. Place Twister next to patient with zipper facing the patient. Move Twister underneath patient using a rolling motion, ensuring the outside of the zipper is facing away from the patient (towards you).



Optionally, apply repositioning by removing one role for a 12-degree lateral position. Put Minima under the knee that is touching the mattress

Fold line





No force (do not forcefully push or pull on the patient).

2

Always leave a hand's breadth of space.

3

Fill all of the spaces where the patient's body does not make contact with the pillow.

4

Smooth the area where the patient touches the pillow to relieve any air pressure.

Provide opposite support to the patient in a lateral position.