**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 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/stretches 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

**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**

**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 tranverse 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

**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>

**Contact Details (Name and Number)**

**Physiotherapist:**

**Occupational Therapist:**

**Wheelchair Services:**

**Wheelchair Repair:**

**Equipment Manufacturers:**