

NCLEX-PN Cheat Sheets Study Guide

Positioning Techniques (F) -

✓ Re-position at least 1-2 hours in bed.

Every 20-30 mins in a chair.

• Clients who have impaired nervous or musculoskeletal systems benefit from routine therapeutic positioning.

- At least every 1 to 2 hr in bed.

- Every 20 to 30 min if in a chair to prevent skin breakdown over bony prominences.

• Tools for repositioning clients

- Pillows, foot boots.

- Trochanter rolls, sandbags.

- Hand rolls.

- Hand-wrist splints.

- Trapeze bar.

- Side rails

• All side rails cannot be up or they will be considered a restraint.

- Bed boards.

- Wedge pillow (abductor pillow).

Positions (F) -

✓ High Fowler's: 90 degrees

Fowler's: 45-60 degrees

Semi Fowler's: 30-45 degrees

Supine: On back with head and shoulders on pillow.

Prone: Flat on abdomen with head to the side. Allows dorsiflexion of feet.

Lateral: Side-lying.

Sims': On side halfway between lateral and prone.

Trendelenburg: Entire bed is tilted with the head of the bed lower than the foot of the bed. Promotes venous return.

Reverse Trendelenburg: Entire bed is tilted with the foot of the bed lower than the head of the bed. Promotes gastric emptying.

Assistive Devices (F) -

✓ Wheelchair.

Walker: Take a step, move walker, take another step.

Cane: Single leg or quad. Keep cane on stronger side of the body. Move cane, move weak leg, move strong leg.

Crutches: 2,3,4-point gaits. When ascending stairs, good foot then crutches then bad foot. When descending stairs, crutches then bad foot then good foot.

Splints and Braces (F) -

✓ Primary Nursing Concern: Assessment and prevention of neurovascular dysfunction or compromise.

Assess every hour for the first 24 hrs. Every 2-4 hours afterwards.

Elevate immobilized extremity higher than the heart.

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Ying Liu



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