EVERGREEN
MEDICAL PRODUCTS

24-Hour Bedside Positioning Plan

One resident · day and night · a setup every shift can reproduce

What this is for: one shared plan, so every shift sets up the same supported positions, day and night. Complete it with the resident, their family or substitute decision-maker, the OT or PT, nursing, and the PSWs and health care aides who know the resident.

Resident | Unit and room | Plan date | Review date

1 Goals and preferences

What matters to this resident

Positions tolerated or preferred

Precautions: breathing, swallowing, head-of-bed height, pain, skin

2 Planned positions · where each support goes, so the next shift can repeat it

Position	When, and for how long	Supports, and exactly where they go	Photo on file
Supported on the back			☐
30° side-lying: left			☐
30° side-lying: right			☐
In the chair or wheelchair			☐
Other:			☐

3 Movement and repositioning

What the resident can do

What staff assist with (transfers, handling)

Individual schedule: day

Individual schedule: night

4 Checks every shift

- ☐ Comfort: ask, or observe
- ☐ Breathing and swallowing
- ☐ Entrapment risk
- ☐ Setup matches the photo
- ☐ Skin, including heels
- ☐ Heat and sweating
- ☐ Supports in place
- ☐ Supports clean and stored

Report changes to (name or role)

5 Review

Reassess sooner if there is:

- ☐ New skin change or pressure injury
- ☐ Pain or distress
- ☐ Change in weight, breathing or swallowing
- ☐ Supports not staying in place
- ☐ Change in condition or function

Reviewed by | Date

☐ Continue ☐ Change ☐ Stop

Why 24-hour positioning: RESNA (2025): lying posture care "should be implemented as standard practice." International Guideline (2026): consider positioning needs "over a 24-hour period", including "where and when they sleep, lie and sit."

A planning template, not a prescription. The resident's clinical team assesses and decides positions, supports and schedules, following the home's consent, documentation and least-restraint policies. Keep the completed plan with the care plan; post a copy at the bedside only where your home's privacy policies allow. Continue individualized repositioning and skin assessment.

Guide and sources: **evergreenmedicalproducts.com/insights/getting-started-24-hour-positioning-ltc**

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