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	文件名稱	居家日常生活照護指導 -身體正確的姿勢與移動(英文版)	制定日期	2017/06/15		
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居家日常生活照護指導-身體正確的姿勢與移動  
Daily care instruction-the right position and mobility

一、原因

- 1.使上身稍高時，可用各種墊子、大枕頭、棉被等放置於身下以墊高上半身，並於足部給予適當支托。
- 2.採半坐臥位時，需注意頭、背、腰和足部的支托。
- 3.側臥時，需利用枕頭增進病人的舒適，分散其體重，並維持合宜的姿勢，於頭部和腹部給予支托，同時注意足部的支托。
- 4.採半坐臥位時，在頭、肩、上臂、腿和腳踝的地方都特別加以支托。
- 5.一般的側臥，可於胸前放一大枕頭，然後於背面用大枕頭或大墊子、浴毯等頂住病人的背部；雙腿間夾放一個枕頭。
- 6.俯臥時，手臂的位置和肩部的支托很重要，可採一手伸直、一手屈曲或兩手屈曲的位置，肩下需墊一小枕，手臥捲軸。若為女性，尚需考慮分散其體重及維持女性適當之肢體位置，分散於肩下、腹部、大腿和小腿處支托，並於足掌上加支托板，以維持踝關節之正常功能位置。

1. Available pads, pillows, or blankets, etc. should be placed under the trunk to elevate upper body, and provide appropriate support in the foot care.
2. Pay attention to the head, back, waist and foot support care when taken half-lying position.
3. The need to use pillows to enhance the patients' comfort and dispersion of their body weight, and maintain appropriate position. Place support care in the head and abdomen , while paying attention to the foot care.
4. Place support care in the head, shoulder, upper arm, leg and ankle areas when taking half-lying position.
5. For general side lying, put big pillow in front the chest, and then in the back with pillow or blanket to withstand the patient's back; put a pillow between the legs when taking side-lying
6. The position of the arm and shoulder support care is very important when taking prone position. Can single-handedly taken straight, one hand or two hands buckling the

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position of flexion, shoulder pads required under a small pillow, hand scrolls lying. For women, need to consider women spread their body weight and to maintain appropriate physical position, spread over the shoulder, abdomen, thigh and calf support care and place pallet in the foot pocket to support, in order to maintain the normal function of ankle position.

以上資料來源自台灣長期照護專業協會，  
若您對以上內容有任何疑問時，請洽詢護理人員。