

Principles of Positioning and Seating in the Community – adults and children

For carers, care assistants, family members and PT and OT assistants, social services staff and learning support assistants.

Aim

To understand the principles of positioning; the benefits of proper seating and how to practically apply them to your client's needs on a daily basis

Learning Outcomes

Participants will be able to:

- Define upright and aligned posture
- Describe the principles of correct posture in sitting
- Describe the principles of correct posture in lying
- Describe common difficulties with posture in sitting and lying and the consequences
- Describe the benefits of posture management for seating and lying
- Demonstrate knowledge of the principles of cushions in order to be able use them correctly
- List the risk factors for pressure management and prevention techniques
- Identify when a person is at risk and requires review
- List at least 4 reasons to refer for follow-up

Course Outline

08.30 – 09.00	Registration
09:15 – 10.00	Seated posture <ul style="list-style-type: none"> • Principles of correct posture in sitting • Common difficulties with posture in sitting • Secondary complications of common problems with posture
10.00 – 10.45	Seated posture management <ul style="list-style-type: none"> • Considerations for managing seated posture • Identifying when a person is at risk in sitting
10.45 – 11.00	<i>Coffee break</i>
11.00 – 11.45	Lying posture <ul style="list-style-type: none"> • Principles of correct posture in lying • Common difficulties with posture in lying • Secondary complications of common problems with posture
11.45 – 12.30	Lying posture management <ul style="list-style-type: none"> • Considerations for managing lying posture • Identifying when a person is at risk in lying
12.30 – 13.30	<i>Lunch</i>
13.30 – 14.15	Pressure management <ul style="list-style-type: none"> • Risk factors • Prevention for sitting and lying
14.15 – 14.45	Principles of wheelchair cushions <ul style="list-style-type: none"> • Postural support features • Pressure relief features • Positioning and using cushions correctly
14.45 -15.00	<i>Tea break</i>
15.00 – 15.30	Identifying when a person is at risk and requires review
15.30 – 15.45	Reasons for follow-up
15.45 – 16.00	Questions
16.00 – 16.15	Evaluation and Close