Nurses Content
Downloaded from nursescontent.com

Patient Positioning & Mobility

Core Nursing Essentials Patient Positioning & Mobility

For each position, revise its purpose, patient preparation, alignment, pressure risks and device safety. Patient-specific contraindications and handling plans must be assessed before moving anyone.

For educational purposes only.

Study guide

For each position, revise its purpose, patient preparation, alignment, pressure risks and device safety. Patient-specific contraindications and handling plans must be assessed before moving anyone.

How to revise this category

1. Choose a topic and explain its purpose.
2. Identify the observations, equipment or information needed.
3. Connect the findings to documentation, reassessment and escalation.
4. Practise under qualified supervision and review the current local protocol.

Curriculum coverage

- Supine position
- Prone position
- Fowler's position
- Semi-Fowler's position
- High Fowler's position
- Sims' position
- Lateral position
- Lithotomy position
- Trendelenburg position
- Reverse Trendelenburg position
- Dorsal recumbent position
- Orthopneic position
- Body mechanics
- Range-of-motion exercises
- Patient lifting and transfer
- Complications of immobilization

Nurses Content

Nurses Content
Downloaded from nursescontent.com

Quick Revision

Use this curriculum guide to organize study. Published summaries are listed separately. Detailed drafts remain in the private content studio until source and clinical checks are recorded.

References & review status

- INC - Revised B.Sc. Nursing curriculum notification (https://www.indiannursingcouncil.org/gazette-notification)
- Regulations 2020, notified 5 July 2021. Curriculum scope only; no endorsement or clinical-protocol verification.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

This content is provided for nursing education and academic reference only. It is not a substitute for professional medical advice, institutional clinical protocols or supervised clinical practice.

This content is provided for nursing education and academic reference only. It is not a substitute for professional medical advice, institutional clinical protocols or supervised clinical practice.

Source and attribution

Original curriculum guide. Source scope and versions are listed in the guide.

Online chapter: https://nursescontent.com/essentials/patient-positioning-mobility/

Downloaded from Nurses Content. Branding identifies the delivery website. Original author credits, third-party licences and applicable rights remain unchanged.