

# Bölüm 6

## Hastaya Verilen Yatak Pozisyonları ve Uygulamaları



Nazan ÖZTÜRK<sup>1</sup>

### Giriş

Dünya genelinde sağlık hizmetlerinin sunulmasında ilerlemeler kaydedilmiştir. Evde bakım hizmetlerinin uygulamaları ülkeden ülkeye değişebilmekle birlikte genel anlamda her yaştan insan için sunulan, hastanede veya uzun süreli bakım yerine evdeki bakım hizmetlerini içermektedir.

Evde bakım hizmetleri ile;

İhtiyaçları olan kişilere profesyonel bakım,

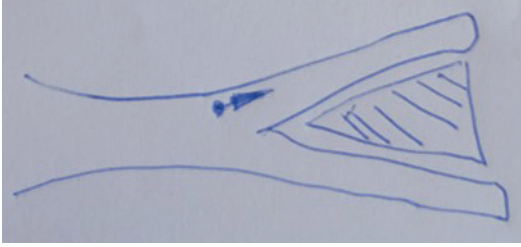
Kısa süreli akut iyileşme için destek,

Cerrahi sonrası iyileşmede destek,

Kronik rahatsızlıklar veya yetersizliklerde evdeki yaşamın sürdürülmesinde destek,

Yaşam sonu bakımı ile aile desteği gibi çok geniş bir yelpazede hizmet sunulmaktadır (1). Evde bakımda verilen hizmetler arasında hemşirelik bakı-

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Yan Yatış Pozisyonu



Sırt Üstü Yatış Pozisyonu

## SONUÇ

Hastalıkları ya da genel durumları nedeniyle immobilizasyonda olan bireylere, dekübit ülserlerinin oluşmasını, kontraktür gelişimini, sinir basılarının oluşumunu önlemek için pozisyonlamaların yapılması gerekmektedir. Bireylere pozisyon verilirken hastalıkları, geçirilen operasyonlar vs. göz önünde bulundurulmalı ve bu doğrultuda bireylere pozisyonlar verilmelidir.

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