

Turning & Positioning (T&P) Clinical Training Handout

Turning and repositioning (T&P) is not just about moving a patient—it is the cornerstone of pressure injury prevention and treatment. When performed intentionally, T&P becomes a bundled 15-minute intervention that integrates all essential care steps to protect skin, promote comfort, and prevent hospital-acquired pressure injuries.

What to Include During Each T&P Session (Scheduled Q4h):

- Physical assessment – evaluate overall condition and tolerance for movement.
- Mobility support – provide passive or active mobility to improve circulation and muscle activity.
- Peri-care – cleanse and protect skin, especially where skin is exposed to moisture.
- Skin and wound check – inspect high-risk areas and apply wound care as needed.
- Check devices – inspect lines, drains, and tubes for pressure/shear points; pad or adjust.
- Linens & supports – replace soiled linens and ensure wedges or supports are correctly positioned.
- Evaluate interventions – assess effectiveness and adjust care plan as needed.
- Positioning – offload bony prominences, align musculoskeletal structure, improve circulation and comfort.

Time & Frequency:

- Allow approximately 15 minutes per session to complete all steps without rushing.
- Perform scheduled repositioning every 4 hours (Q4h) for dependent patients.
- Individualize frequency for higher-risk patients as clinically indicated.

Why This Matters:

- Reframes T&P as a care bundle, not a task.
- Ensures consistent, proactive prevention of hospital-acquired pressure injuries.
- Integrates skin care, mobility, comfort, and device management in one session.

Gwen Jewell, of [Jewell Nursing Solutions](#), is a wound care specialist and has a passion for seeking solutions to reduce pressure, keep patients more comfortable, and assist nurses in the fight against pressure injuries.

To download [The Ultimate Guide: How to Stop Bedsores](#), click the title or [click here](#).

[Jewell Nursing Solutions'](#) mission is to empower all caregivers to prevent and heal pressure injury wounds. For more information, contact us [HERE](#).