

Positioning of a twist pillow in a non-acute patient

Folding the twist pillow



Keep the opening of the pillow case on the bottom



Information provided courtesy of Salisbury Spinal Centre NHS Foundation Trust

Smooth out the wrinkles before putting the pillow in



A minimum of 3 pillows need to be used

Leg

Twist pillow

Head pillow



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Zoe Cooper, Consultant Nurse for Safeguarding
Review date 25 July 2022

The shoulders can rest on the bed with the arm and wrist supported on the twist pillow

The twist pillow must be above the natal cleft

Opening of the pillow case should be at the foot end to reduce wrinkles which may affect the skin



Ensure the heel on the side of the twist pillow is not resting on the leg pillow or mattress (a second pillow may be required)

Although the buttock may still rest on the mattress you should be able to easily slide your hand under and check the pillow is not touching the natal cleft.



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