

Positioning of pillows for pressure relief - 30 degree tilt (or Log-roll)

A minimum of 3 pillows required



**Place the opening of the log-roll pillow towards the head of the bed
To minimise the material near the sacral area.**



Information provided courtesy of Salisbury Spinal Centre NHS Foundation Trust

Fold the pillow length ways



Smooth out the wrinkles in the pillow case



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



Roll the patient towards you and then a second person can place the pillows as shown and then roll the patient back onto the pillows



Ensure the heels are free from the pillows and the mattress.

Ensure the log-roll pillow is above the natal cleft and supporting the back and shoulders.

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