

## 翻身技巧

### Roll-Over Skills

目的： Purpose:

為了避免褥瘡產生，  
勤翻身是重要的關鍵。

In order to avoid bedsores generation,  
frequent roll-over is an important key.

用物準備：

Preparation for necessary items:

枕頭、翻身中單、毛巾（製成捲軸）。

Pillows, roll-over sheet,  
towels (make it a scroll).

注意： Notes:

1. 至少每2 小時翻身一次（正躺、左側臥、右側臥，三邊輪流）。

Roll-over should be performed at least once every 2 hours (taking turns on lying down, lying on the left side and lying on the right side).

2. 運用輔具支托身體：可善用家中的各種大小枕頭，或可將毛巾簡易製成大小捲軸，墊在背後、雙腿間或骨突處，維持正常體位，預防關節攣縮變形及壓瘡。

Use of assistive devices to support body: Make good use of pillows of various sizes at home, or roll towels into scrolls and place them as supports on the back, between legs or at the bony protrusion to maintain normal body position to prevent joint contracture and deformity as well as bedsores.

3. 翻身時搭配拍背和按摩，可以鬆動痰液利於排出及促進循環，切勿過於用力，以免受傷。

Clap and massage the patient on the back when performing roll-over, which can promote circulation and loosen mucus to facilitate discharge of mucus. Do not clap or massage too hard to avoid injury.

4. 拍背時，手成杯狀，拍打範圍為上背部（肩膀以下至肋骨以上），以脊椎骨為中線，輕拍兩側或輕柔按摩，切勿拍骨突處及腰部兩側，以免受傷。

The caregiver should cup one hand when clapping the patient's back and clap on the upper part of the back (below the shoulder and above the ribs). The spine will be

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regarded as the midline, and the caregiver should pat or massage gently on both sides. Do not pat on bony protrusion and both sides of the waist to avoid injury.



翻身步驟：

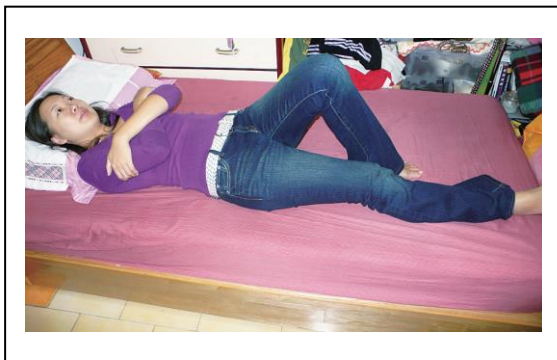
### Roll-over Steps:

示範：單人操作由平躺轉右側臥

Demonstration: Rolling over a patient's body from lying down onto the position of lying on the right side operated by a single person

1. 請看護者站在被看護人的右側，並留意被看護人右側床緣距離是否足夠，避免因翻身而跌落，若床緣距離不足，先將被看護人平行移動至左側再行翻身。

The caregiver should stand on the right side of the patient or ward. The caregiver also has to pay attention to the available distance from the edge of the bed to the right side of the patient to make sure there is enough space for the roll-over to avoid falling. If the available space from the edge of the bed is insufficient, the caregiver should move the patient in parallel to the left side of the bed and then roll over the body of the patient.



2. 將被看護人左腳彎曲、右手彎曲置於耳朵旁，保護頭部、左手彎曲置於胸前，若被看護人上肢僵硬攣縮，則可雙手環抱。

Bend the left leg of the patient or ward and bend the right hand and place it next to the ear; protect the person's head, and bend the left hand and place it in front of the chest; if the patient has stiffness and contractures in upper limbs, the caregiver should have the person's hands encircled.

3. 看護者左手放在肩膀，右手放在臀部，兩手同時出力，翻成右側臥。

The caregiver should place the left hand on the shoulder of the patient and place the right hand on hip of the patient, and then use both hands simultaneously to roll the person's body onto a position of lying on the right side.

4. 拿一個翻身枕置於被看護人背後，以支托背部，固定右側臥姿。

Put a rollover pillow on the back of the patient or ward to support the back and fix the right lateral decubitus.

5. 再將被看護人肩膀拖出，減少局部受壓，增加舒適感，切勿用力拉扯，避免肩關節受傷。

Pull out the shoulder of the patient or ward to reduce local pressure and increase comfort; do not pull the shoulder hard to avoid shoulder joint injury.

6. 放置一個翻身枕在被看護人的兩腿之間，上位腿彎曲，並墊一枕頭支托，下位腿伸直。

Put a rollover pillow between two legs of the patient or ward; bend the leg in the upper position and use a pillow to support the leg; the leg in the lower position should be placed straight.

7. 最後，拿枕頭置於身體各處空隙及容易受壓迫之骨頭突起處，以避免造成壓瘡。

Finally, place pillows in all gaps of the person's body and the bony protrusions, which can be easily oppressed, to avoid causing bedsores.



主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

北市勞動力重建運用處(2017).臺北市外籍看護照顧手冊引自：

[https://fd.gov.taipei/News\\_Content.aspx?n=67945D18DB76BA5D&sms=973FD07C716974AB&s=6B2018866462E18F](https://fd.gov.taipei/News_Content.aspx?n=67945D18DB76BA5D&sms=973FD07C716974AB&s=6B2018866462E18F)