Fowler’s Position

**Purpose**
The purpose of the Fowler’s position is to allow the resident to sit upright in bed.

**Preparation**
1. Review the resident’s care plan to assess for any special needs of the resident.

**Steps in the Procedure**
1. Wash and dry your hands thoroughly before beginning the procedure.
2. Position the resident on his or her back.
3. Lock arms with the resident to position the pillow under his or her head.
4. Drape the resident with a blanket. Avoid unnecessary exposure of the resident’s body.
5. Encourage the resident to assist you as much as possible.
6. Bend or assist the resident to bend his or her knees slightly.
7. Raise the head of the bed to a 45° angle.
8. Reposition the bed covers. Make the resident comfortable.
9. Place the call light within easy reach of the resident.
10. If the resident desires, return the door and curtains to the open position and if visitors are waiting, tell them that they may now enter the room.
11. Wash and dry your hands thoroughly.

**Documentation**
The following information should be recorded in the resident’s medical record as necessary.
1. The date and time that care was given.
2. The name and title of the individual(s) who assisted with the care.
3. The position in which the resident was placed.
4. The reason for changing the resident’s position.
5. If and how the resident participated in the procedure or any changes in the resident’s ability to participate in the procedure.
6. Any problems or complaints made by the resident related to the procedure.
7. If the resident refused the treatment, the reason(s) why and the intervention taken.
8. The signature and title of the person recording the data.

**Reporting**
1. Notify the supervisor if the resident refuses the care.
2. Report other information in accordance with facility policy and professional standards of practice.

**References**
MDS (RAPs)  
G(1)(a); (RAP #5); (RAP #16)

Survey Tag Numbers  
F310

Related Documents  
Blood–Body Fluids–Infectious Diseases–Air Contaminants–Hazardous Chemicals

**Procedure Revised**

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