



**SNS COLLEGE OF NURSING**



**SARAVANAMPATTI, COIMBATORE-35**

**FOUNDATION OF NURSING**

**COURSE :1 YEAR BSC NURSING**

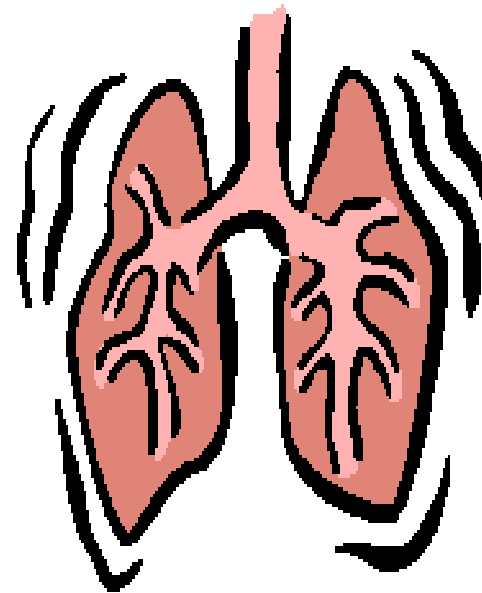
**UNIT-IX MEETING NEEDS OF**

**PATIENT**

**TOPIC- POSTURAL DRAINAGE**

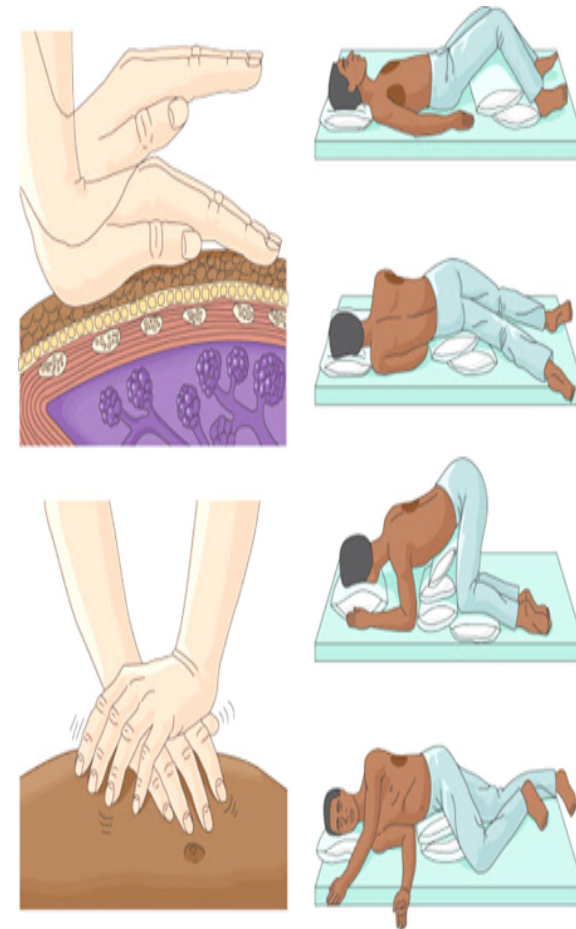
# INTRODUCTION

Postural drainage is a technique in which different positions are assumed to facilitate the drainage of secretions from the bronchial airways.



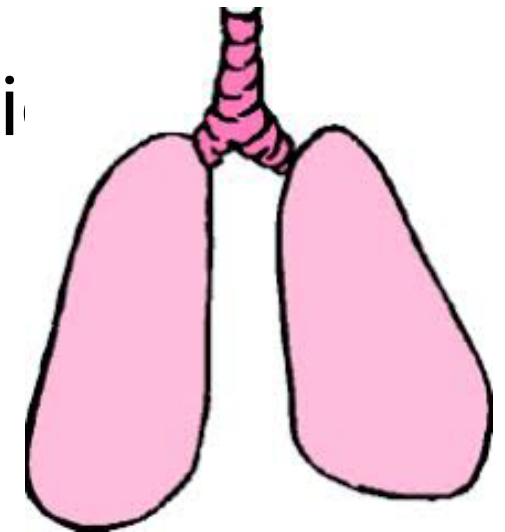
## DEFINITION

Postural drainage is a means of mobilizing secretions in one or more lung segments to the central airways by placing the patients in various positions so that the gravity assist in the drainage process.



## PURPOSE

- To maintain full expansion of lungs by taking out of the secretions from the lowest part of the lung.
- To prevent collapse consolidation





# INDICATIONS



PRE OPERATIVE  
PATIENTS

POST OPERATIVE  
PATIENTS

BRONCHIAL OR  
LOBAR PNEUMONIA

LUNG ABSCESS



# CONTRAINDICATIONS

- ❖ Patient who had, increased cyanosis and exhaustion during earlier postural drainage
- ❖ Patients with increased intracranial pressure and head injury.

# ASSESSMENT 1



1. Define postural drainage?

Ans.....

2. Enlist the purpose of postural drainage?

Ans. ....

3. Explain indication of postural drainage?

Ans. ....

4. Explain contra indication of postural drainage?

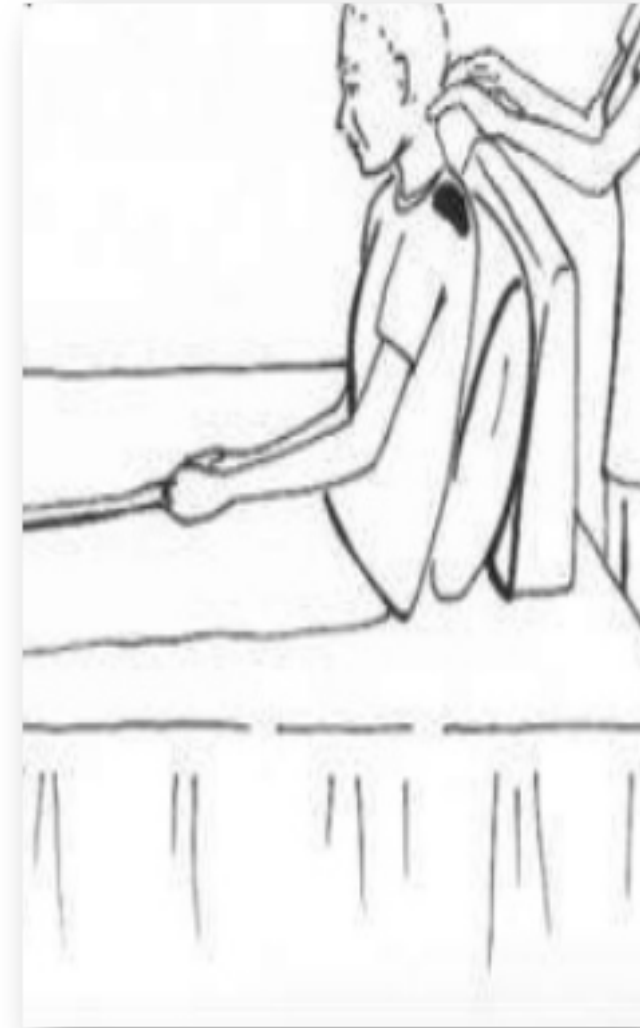
## ARTICLES

- ✓ A chair or foot stool of a proper height to be used to support hands -to give comfort to the patient
- ✓ A kidney tray or sputum cup-spit out sputum
- ✓ A screen –to maintain privacy of the patient
- ✓ A pillow-to support the patient in different position



# APICAL SEGMENT

- To drain mucus from the upper lobe apical segments , patient sits in a comfortable position on a bed and leans on a pillow
- Place the headboard .



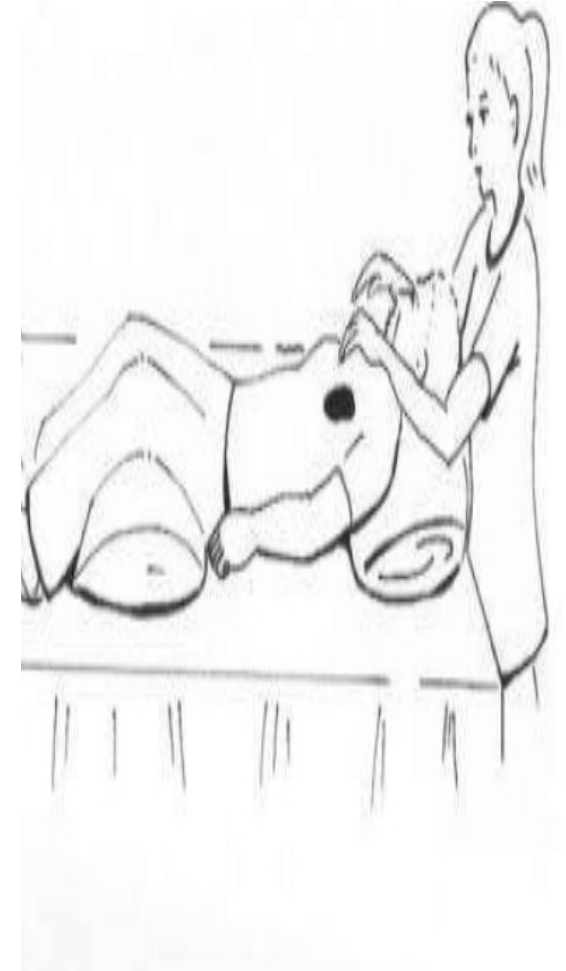
## POSTERIOR SEGMENTS

- ❖ The service user sits comfortably in a chair or the side of the bed and leans over, arms swinging, against a pillow.
- ❖ The caregiver percusses and vibrates with both hands over upper back on both the right and left sides.



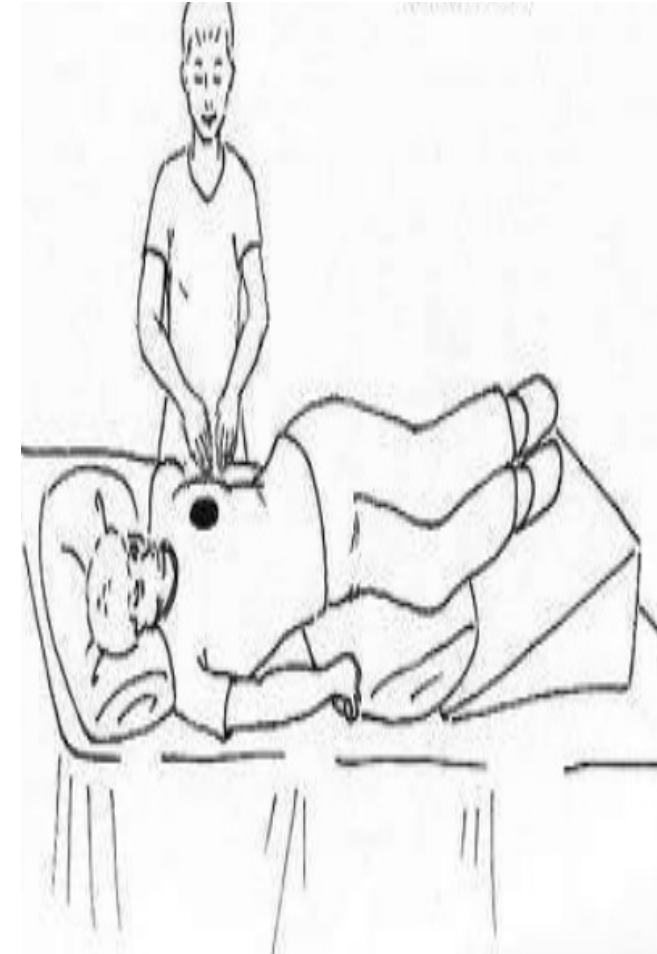
## UPPER LOBE ANTERIOR SEGMENT

- ❖ The patient lies flat on the bed with a pillow under the knees for comfort and one under the head
- ❖ The caregiver percusses and vibrates the right and left sides of the front of the chest, between the collar bone and nipple.



# LINGULA

- ❖ The patient lies with the head down towards the foot of the bed on the right side.
- ❖ hips and legs up on pillows.
- ❖ A pillow can also be placed.



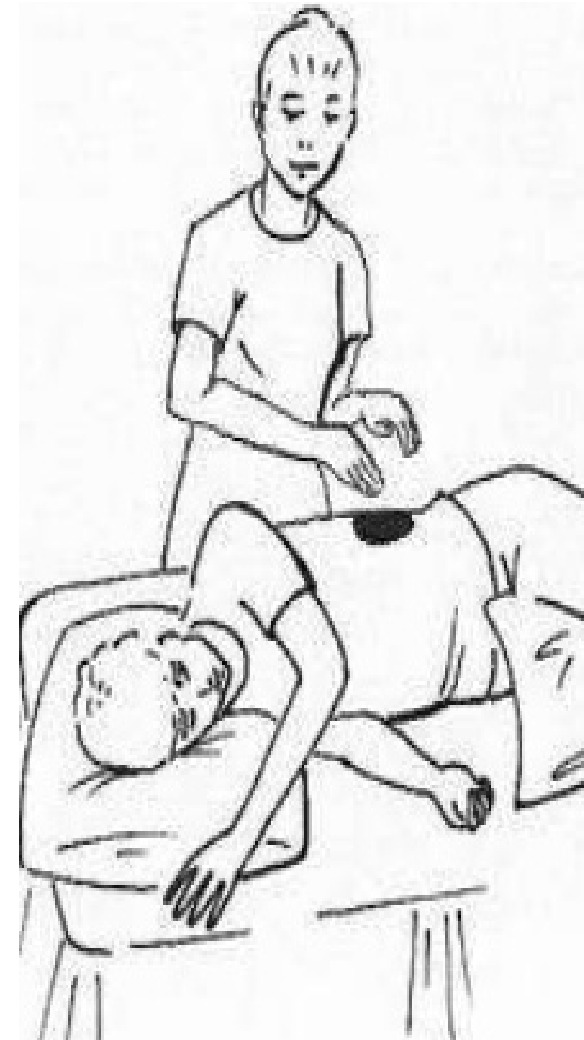
## MIDDLE LOBE

- The patient lies head-on his left side,
- The legs and hips should be elevated as high as possible.
- A pillow may be placed in back of the patient and slightly bent legs.
- The caregiver percusses and vibrates just outside the right nipple area.



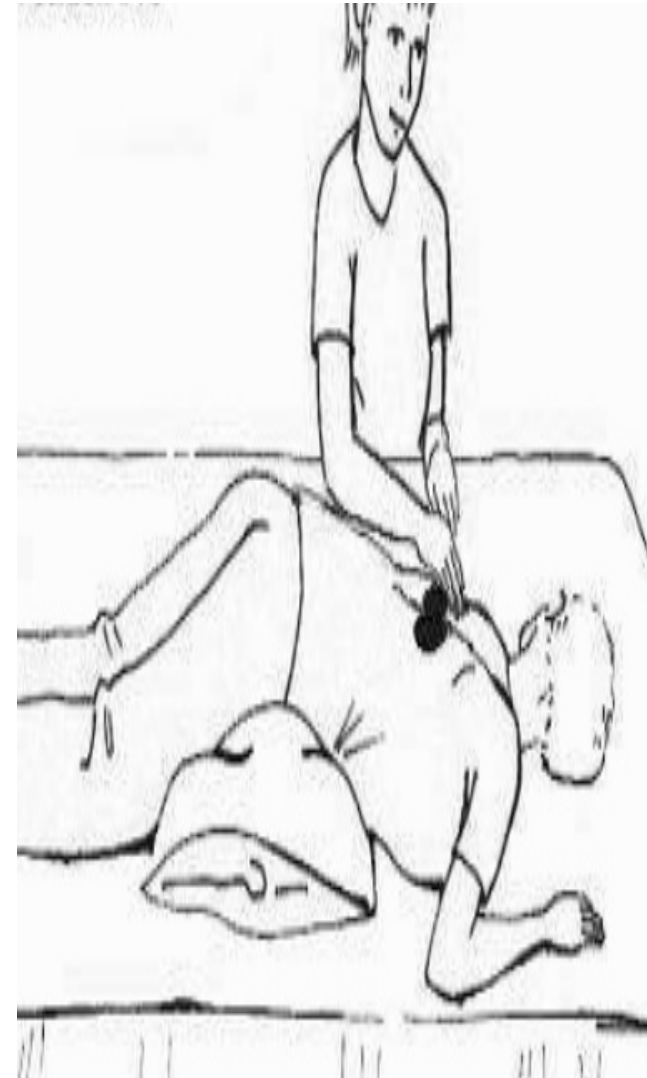
## LOWER LOBES ANTERIOR BASAL SEGMENTS

- The patient lies on his side with his head facing the foot of the bed and a pillow behind his back.
- The knees should be slightly bent and a pillow should be placed between them for comfort.
- The caregiver percusses and vibrates over the lower ribs on the left side.



## LOWER LOBES SUPERIOR SEGMENTS

- For this position, the patient user lies on his stomach on a flat bed.
- two pillow should be placed under the hips.
- The caregiver percusses and vibrates over the bottom part of shoulder blades.



# PROCEDURE

## PRE-PHASE

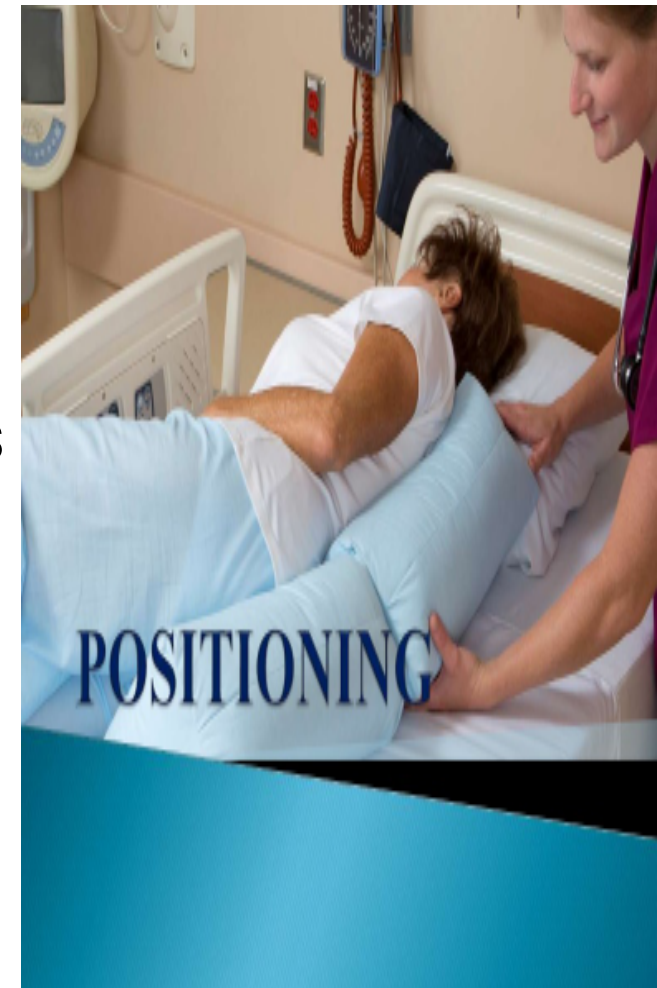
- Wash hands
- Explain the procedure and screen the patient.
- Collect all the articles and arrange them properly.





# INTRA-PHASE

- ✓ Position the patient for drainage from the lungs.
- ✓ Continue treatment by sequential positioning for 10minutes.
- ✓ Watch the patient repeatedly for signs collapse , fatigue, breathing pattern.



## INTRA-PHASE.....

- o Carry the procedure before or after two hours of meals.
- o The length of the treatment depends on the tolerance of the patient.
- o Periodically the patient is encouraged cough and spit out in the sputum cup provided.



# POST-PHASE

- After the procedure give the mouth wash to the patient.
- Supportive measures like steam inhalation, could be given to the patient , if needed
- Keep the patient in comfortable position
- Keep the patient in comfortable position
- Keep the patient in comfortable position.
- Record the procedure with date and time.



# ASSESSMENT 2

1. Enlist the steps involved in postural drainage?

Ans .....

2. Explain the procedure of postural drainage?

Ans .....





## REFERENCES

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