

SPINAL CARES

LOG ROLL

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Equipment

- **One** nurse at the head for the cervical head hold.
- **Three** nurses for the roll.
- **One** nurse to complete personal cares
 - Wash basin, linen, pillows

OR

- **One** doctor to check the C-Spine.
 - KY jelly, sharp and dull object

Procedure

Step	Action
1	Explain the procedure to the patient to gain their verbal consent and co-operation. Ensure staff are clear about their role in the turn.
2	Environment preparation <ul style="list-style-type: none">• clear bed space and ensure patient privacy i.e. curtains closed
3	Ensure equipment for the procedure is at hand on the appropriate side of the bed <i>e.g. wash bowl towels extra linen</i>
4	Move the bed out from the wall. Check the bed is in an appropriate position with brakes on. There must be no head board in place Person 1 (who is the person at the head and calls the turn) needs to have ample room at the head of the bed
5	Patient preparation <ul style="list-style-type: none">• move catheter drainage bag and any other attachments to the side of bed to which patient is being turned• Ask the patient to cross their arms over their chest if they are able to.
6	Person 1 Checks spinal alignment – <ul style="list-style-type: none">• The nose, sternum, and symphysis are in alignment.• The shoulders and hips are level <i>See figure2</i>

Patient alignment

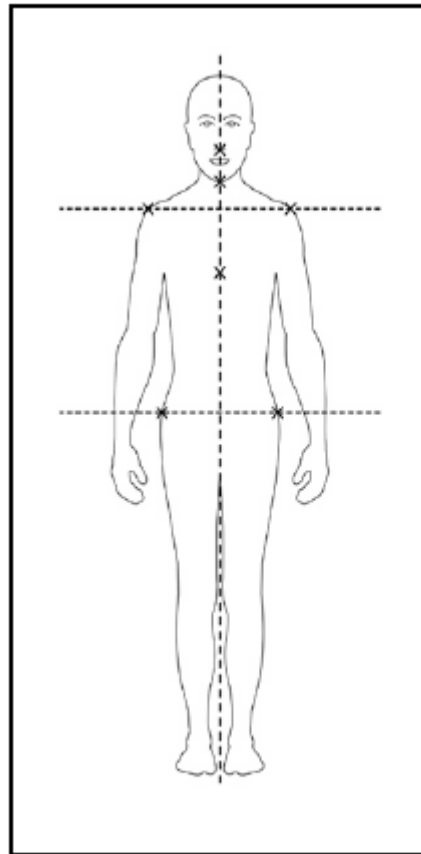


Figure 2 - Alignment checks

Procedure...cont

Step	Action	
7	Person 1	at the head, co-ordinates the turn. Person 2, 3 and 4 are positioned on the side of the bed the patient is to be turned to.
8	Person 1	Removes sandbags from either side of the head, if they are being used, taking care to keep head in alignment
	Do not tape the patients head to the bed. This is an airway risk	
9	Person 1	Holds the head and neck securely. Slide both hands into position
10	Person 2	places one hand on the patients shoulder and one hand on the hip.
	Person 3	Places one hand on the hip above Person 2 and one hand under the top leg
	Person 4	Places one hand under the knee and one hand under the ankle of the top leg
11	Person 1	after checking the team is ready takes control and co-ordinates the turn.
	Person 1	Issues the command, after ensuring everyone knows the direction to turn on the command "Ready, Steady, Roll"
12	Person 5	Completes the personal /nursing care as quickly as possible with the hands of the other persons lifted one at a time as necessary
13	To return the patient to supine position	
	Person 1	repeats the command after ensuring that everyone is ready "Ready, Steady, Roll"
14	Person 1	Checks alignment as for step 6

Video

- <https://www.youtube.com/watch?v=9M1GOlzeF3s>

Position 1



Position 2

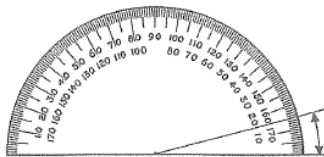


Moving a patient with C- Spine precautions

General Advice for Managing Patients on the C-spine Bundle patient

Lanyard Patients	Collar Patients
In ED <ul style="list-style-type: none"> • 15 degrees head up for comfort • Analgesia and antiemetics • Provide and discuss patient into sheet specifically to “keep their nose in line with their toes” 	In ED <ul style="list-style-type: none"> • May be 15 degrees head up for comfort • Analgesia and antiemetics
TRANSIT <ul style="list-style-type: none"> • Not mandatory • Consider if patient is nauseated, or on the head injury bundle as well. • Nurses/Dr discretion. • If transit is used, patient may be transported 15 degrees head up for comfort. 	TRANSIT <ul style="list-style-type: none"> • Mandatory • Patient may be transported 15 degrees head up to radiology • In Radiology, lay the person FLAT and use log-roll for transfers. • Following imaging, may be 15 degrees head up for transport back to ED.
In RADIOLOGY <ul style="list-style-type: none"> • May (or may not) arrive 15 degrees head up • Patient may transfer themselves • Remind them to keep their “nose in line with their toes” • May be transported back to ED 15 degrees head up for comfort 	In RADIOLOGY <ul style="list-style-type: none"> • IF patient arrives 15 degrees head up, lay them flat for transfers. • Use log-roll for transfers. • May be 15 degrees head up for transfer back to ED for comfort.

15 DEGREES



Reference

- Waitemata district health board. 2019. *Spinal injury roll*. Retrieved from <http://staffnet/QualityDocs/Quality%20Documentation/O1%20Clinical%20Practices/%5BP%5D%20Spinal%20Injury%20Roll%20Nov19.pdf#search='spinal'>