Mölnlycke®

Tortoise™ Prone Turning and Positioning System

Product application guide

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The Mölnlycke Tortoise Prone Turning & Positioning System is designed to facilitate the difficult task of placing medically fragile patients into a prone position. Many ICUs find that successfully placing a patient in a prone position requires six to eight people and up to 30 minutes, based upon their individual protocols. The Tortoise Prone is engineered to help improve the comfort and safety of both the patient and caregivers while following the hospital approved protocol.

Indication for use:

- Patients requiring prone therapy

Note: Only two people are shown moving the patient in these photos. In the ICU, a team would perform these maneuvers for a critically ill patient.

Contents

The components of the Tortoise Proning system include:

- 1 Proning Pad *(This pad is square and is the smaller of the two pads)*
- 2 Z-Flo™ Fluidized positioners *(One for the body and one for the head)*
- 1 Tortoise Prone Turning and Positioning Pad *(main pad)*

Please Read First:

Proper Body Mechanics:

To prevent back strain or injury always maintain proper body mechanics before turning or boosting the patient:

1. Stand straight with a medium-wide stance, keep weight close to your body and stay at the proper height for the activity.
2. Grip handles firmly, keep elbows locked and close to your body. Take a step back to turn patient and a step up, towards head of bed, to boost.

Product application guide:

Inserting the proning pad

1. If the patient is already in bed on the main pad, untuck the sides, remove the fluidized positioner if present, and then untuck the tail of the main pad.

Note: If the patient is not on a main pad, please see the "Tortoise Turning & Positioning System Application Guide" for instructions on how to properly place patients.

2. Use the draw sheet to perform a microturn. Insert the prone pad between patient and main pad with green side up and top edge aligned with top of main pad. Continue to push the prone pad until it's handles are aligned with green and black edges of the main pad.

3. Perform a microturn from the other side of the bed using the draw sheet. Pull the prone pad through so that the handles are aligned with the edges of the main pad.

Turning to a prone position

1. Establish the direction patient will be turn towards. To begin start with the patient centered on the main pad and pull the main pad to one side of the bed.

2. The caregivers on the turning side should hold steady the main pad using white boosting handles. Using the handles on the prone pad pull the patient to the opposite direction of the bed, off-centering the patient to the other side.

3. The spine image should now be exposed, adjust by pulling the prone pad if it is not. Prepare new bed sheets to receive the patient by rolling and tucking the new sheets under the patient. Ensure there is enough of the sheet left hanging over the edge of the bed to reach end of the black flap.

4. Begin performing the turn to the prone position by utilizing the handles on the prone pad. With slow and controlled movements roll the patient on to his/her side and then into the prone position.

Note: Ensure the head and neck are protected and controlled during turning.

Turning to a prone position *(continued):*

5. Remove the proning pad. Remove the old draw sheet and pull the new draw sheet out from under the patient and straighten.

6. Ensure patient is centered on the main pad and that the pad is centered on the bed. Check for alignment with the shoulders of the patient and edges of the bed.

Merging prone and tortoise pads

1. To place the prone pad under the main pad: Perform a microturn with the turn handles on the main pad and place the prone pad under the main pad aligning the top of the prone pad with the main pad, green side up and handles aligned at the edges.

2. Perform a microturn to the opposite direction and pull remaining portion of prone pad through under patient. Insert the red handles on main pad into the red handles of prone pad to lock them together.

3. Tuck the tail, edges of the main pad and linens. Use the fluidized body positioner to perform and maintain turns while patient is in prone position.

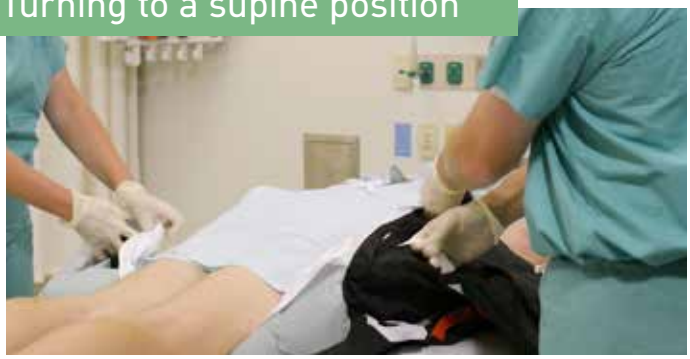
4. This is how the patient should be positioned on the main and prone pad. Tuck the draw sheet underneath the pads to secure the position.

Support the head

1. Use the small fluidized positioning pad to support the patient's head.

2. Mold the positioner away to provide a clear airway for the patient. Make divots for any breathing tubes, or other equipment and lines

Turning to a supine position



1. Remove the fluidized body positioner, if in place and untuck the tail, if tucked. Unlock the red handles and remove the prone pad by gently pulling it by the handles out from under the patient. Alternatively you can perform a microturn to remove the prone pad.

2. Reinsert the prone pad between the draw sheet and main pad by following steps 1-3 of *"Inserting Prone Pad"*. Establish which direction the patient will be turned and the caregiver on the opposite side should pull the prone pad with the patient to one side, while the other caregiver holds the main pad stationary.

3. Next, the caregiver holding the prone pad should hold the prone pad stationary while the other caregiver pulls the main pad towards them to expose the spine image. Roll the used draw sheet towards the patient. Place a clean draw sheet on the main pad and tuck under patient.

4. Begin performing the turn to the supine position by utilizing the handles on the prone pad. With slow and controlled movements roll the patient on to his/her side and then into the supine position.

5. Remove the prone pad and used draw sheets. Pull the clean draw sheet from under the patient.

6. Check alignment with the shoulders of the patient and edges of the bed. Tuck the tail and draw sheet underneath the pads to secure the position. Ensure draw sheet is not covering the anti-skid material.

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Product Code	Description	Pcs/ case
1400802	Tortoise Turning & Positioning System Prone - 1 positioning PAD (38″x 58″), 1 prone positioning PAD (32″x 35.5″), 1 fluidized positioner (16″x 30″), 1 fluidized positioner with tab (11″x 22″), (PAD - Positive Air Displacement Offloading & Turning)	1

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MHC-2018-36549 USMM 270558 04.18

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