

## Examination Positions & Draping



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## General Considerations...

- A comfortable position will help the patient relax
- Do not leave a patient who is:
  - Weak
  - Dizzy
  - At risk for falling
- Keep the patient covered with appropriate draping



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## Standing Position

- Typical position for examination of male patient's genitals & assessment for inguinal hernia
- Screening test for scoliosis



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## Sitting Position

- Auscultation of:
  - Heart & lungs
- Examination of:
  - Head, eyes, ears, nose & throat
  - Parts of the neurological exam
- Drape sheet extended on lap & legs



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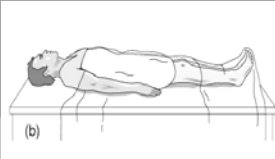
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## Supine Position

- Patient lies flat on back
- Arms at side
- Legs extended
- Examination of front of body, breasts
- Palpation of internal organs
- Draping extends from under the armpits to the toes



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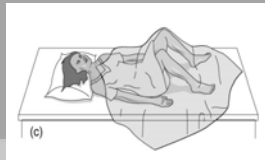
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## Dorsal Recumbent Position

- Flat on back with knees bent and feet flat on exam table
- Examination of the rectum, vagina or both
- Drape placed in diamond-shaped fashion:
  - Cover chest and pubic area
  - cover / wrap each leg with the corners of the drape



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## Lithotomy Position

- Pelvic examination
- Pap smears
- Position patient in dorsal recumbent position with feet on corners of table
- Assist to end of table with buttocks even with edge of table
- Assist positioning of feet into stirrups – both feet / legs at same time
- Drape diamond-shaped fashion



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## Sims' Position

- Position on side with top leg bent sharply and lower leg bent slightly
- Examination of the rectum
- Administration of enema
- Rectal temperature
- Drape from shoulders to toes



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## Knee-Chest Position

- May be used for rectal (proctologic) examination
- Patient kneels on exam table
- Buttocks raised while head and chest remain flat on table
- Arms extended above the head with elbows bent
- Pillow under chest may provide comfort
- Drape covers back and legs



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## Prone Position

- Patient lies on abdomen with hands at side, head turned to side
- Examination of the spine and legs
- Drape extends from shoulders to knees



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## Fowler's Position

- Sitting with backrest elevated at 90° angle
- Legs extended flat on table
- Examination of lower extremities / feet
- May be position of comfort for respiratory patients
- Drape should cover legs
- Semi-Fowler's - 45° angle



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## Let's practice examination positions and draping!

Figure 18.1  
Patient Positions  
(a) Sitting (b) Supine (c) Dorsal recumbent (d) Lithotomy  
(e) Sims' (f) Knee-chest (g) Prone (h) Fowler's



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