



Acacium Group

Recovery Position

Procedure Reference | SOP RESUS 03

Version | V4.1

Procedure Name	Recovery Position
Purpose of Document	To ensure that the correct preparation, procedures, and outcomes are achieved by putting someone in the recovery position.
Target Audience	All nurses and appropriately trained carers.
Version	V4.1
Author	Karen Matthews-Shard
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Equality Impact Assessment (EIA) Form	Acacium Group is committed to Equality, Diversity and Inclusion and in line with our values, we strive to ensure that everyone that is part of the Acacium community is not disadvantaged or discriminated against given their individual need or characteristics. To support this, an Equality Impact Assessment has been undertaken on this policy/procedure. This information is held centrally and can be requested from the Clinical Governance Team.
About Acacium Group	Details of all Acacium Group trading companies that this policy applies to are detailed within Appendix A
This SOP must be read in conjunction with the Resuscitation Policy	

Document History			
Version	Date	Changes made/comments	By whom
V1	Dec 2016	Implementation of document history page	KNF/SJ
V1	Jul 2017	Two yearly review	KNF/VM
V2	Jul 2019	Two yearly review	SJ
V2.1	Apr 2020	Updated to new Template	CC
V2.2	Nov 2020	Rebrand	CC
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V2.5	May 2021	Annual Review Amend review recurrence to match rest of Result SOPs	Clinical Advisory Group
V3	April 2022	Annual Review	Clinical Advisory Group
V3.1	Mar 2023	Review and updated	Clinical Advisory Group
V4	Jan 2024	Rebrand	Clinical Advisory Group
V4.1	Mar 2024	Review and updated	Clinical Advisory Group

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1. Introduction

The **recovery position** refers to one of a series of variations on a lateral side-lying position, into which an [unconscious](#) but breathing person can be placed as part of [first aid](#) treatment. This is done to maintain a patent airway. A side-lying recovery position is recommended when patients are unresponsive but breathing normally, so do not require cardiopulmonary resuscitation (Perkins et al, 2021)

Client/patients should ideally be placed on their left-hand side; due to the position of the stomach, they are less likely to vomit. Persons presumed or known to be pregnant should be positioned on their left side where possible.

2. Aim

The aim of this SOP is to provide a structure for health professionals to follow, giving them guidance on the procedure to follow when placing someone in the recovery position.

3. Who needs to be aware of this procedure

All Acacium Group healthcare professionals are required to follow this SOP, where appropriate, as a requirement of the Resuscitation Policy and during any relevant emergency situation. All Acacium Group healthcare professionals will be trained in order to ensure their understanding of the requirements, and their ability to comply with the Policy and SOP. This procedure should be undertaken only after approved training and carried out in accordance with local policies and protocols.

4. Consent

Consent is required before any care is given. However, during an emergency, the Acacium Group Healthcare professional is able to provide any form of care that is deemed to be in the best interests of the service user (to include client/patient) in line with policies/procedures and the training/competence of the worker. Any care provided in the best interests of the service user must be fully documented along with the rationale for performing any given tasks.

Please read the **Acacium Group Consent Policy** for full details.

5. Service user and relatives/carers involvement

It is best practice to involve clients / service users and their relatives in the provision of all care, while keeping them fully informed of progress and any concerns. Acacium Group healthcare professionals will need to understand that an emergency is a very anxious time for relatives and that managed involvement and sensitive communication will help them to better manage the personal situation, and feelings.

6. Service user information

Information must be kept simple, relevant, and up to date and be person specific.




7. Equipment


Equipment will depend on the situation and the resources available. However, no resources are required for the recovery position, apart from perhaps a blanket to keep the service user warm and possibly something to support the head.

8. Procedure

Please note: For any service user with an identified choking risk their individualised care plan should be followed in addition to their resuscitation status.

In addition: Follow specific care plan for those with altered airway.

	Action	Rationale
1.	 <p>Check the environment is safe to approach and to ensure you are able to safely move the person; Call for help. Work with others if possible Communicate with the person throughout the process, explaining what you are going to do/doing, even if unconscious. Keep your spine in line and avoid twisting and ensure you face the patient straight on. Kneel next to the person and make sure that both legs are straight. Use their limbs as levers to avoid lifting them (Resuscitation Council UK, 2020). Place the arm closest to you straight out from the body with the hand palm uppermost. Check trouser/skirt and jacket pockets for keys, etc so you aren't going to lay the person onto them when you roll them. Bring the far arm across the chest, Position the far arm with the back of the hand against the near cheek. ensuring any rings with stones have been turned around, to avoid causing damage to the person's face and their glasses removed.</p>	To prepare for turning the service user into the recovery position.
2.	 <p>Grab and bend the person's far knee with your free hand and pull it up, keeping the foot on the ground Whilst still holding their hand against their cheek.</p>	To help pull the service user over into position.
3.		Prevent the head from getting injured.

	Protecting the head with one hand, gently roll the person towards you by pulling the far knee over and to the ground. Adjust the upper leg so that both hip and knee are bent at right angles.	
4.	 <p>Tilt the head up slightly to make sure the airway is open. Make sure that their hand is still under their cheek and adjust, if necessary, to keep the head tilted and facing downwards to allow liquid material to drain from the mouth. Place a blanket or coat over the person (unless they have a heat illness or fever) and stay close until the paramedic arrives. Continue to observe the health and breathing of the service user closely.</p>	To open the airway. To keep the service user warm and to check that they are not further deteriorating.
5.	<p>If the person has to be kept in the recovery position for more than 30 minutes turn them onto the opposite side.</p> <p>Important notes:</p> <p>It is important to talk to the person throughout the procedure to reassure them. Hearing is the last sense to go and the first to come back</p> <p>If possible, roll the person onto their left-hand side, this is particularly important to pregnant casualties.</p> <p>Only leave the person unattended if absolutely necessary, for example to attend to other people.</p>	To relieve the pressure on the lower arm.

NB: The adult recovery position is suitable for use in children. In an infant, this may require the support of a small pillow or a rolled-up blanket placed behind the back to maintain the position. (Resuscitation Council UK 2021)

9. Associated Policies / SOPs

Policies

CLIN 19 Resuscitation Policy

SOPs

SOP RESUS 01: Resuscitation – Adults

SOP RESUS 02: Resuscitation – Children

SOP RESUS 04: Choking Adult

SOP RESUS 05: Choking Paediatrics

SOP RESUS 06: AED

SOP EM 01 Emergency Procedures

10. References

- Walsall Community Health Resuscitation Policy, 2010
- Resuscitation Council UK Guidelines 2021 www.resus.org.uk
- Adapted from – ERC Guidelines 2021: <https://cprguidelines.eu/>
- (D.A. Zideman, et al., European Resuscitation Council Guidelines 2021: First aid, Resuscitation (2021), <https://doi.org/10.1016/j.resuscitation.2021.02.013>)
- <https://www.nhs.uk/conditions/first-aid/recovery-position/#:~:text=Use%20your%20free%20hand%20to,is%20at%20a%20right%20angle>
- Perkins GD et al (2021) Adult Basic Life Support Guidelines. Resuscitation Council UK

Appendix A: About Acacium Group

Acacium Group consists of a number of trading companies, each providing services within core niche areas of the health and social care industries. Therefore, as this document is a Group Policy, the Policy herein applies to all trading companies detailed below:

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