**J-RO EZ Rest Side Repositioning**

**Qualification: 1. Residents who are unable to lay on their side at 90-degrees because of varying physical limitations ex. MS, Parkinson’s, obesity, a CVA**

**2. Residents who are resistive and push back excessively i.e. some people with dementia**

* Read Care Plan
* Complete PACE Assessment
  + If Different
    1. Document!
    2. Identify safe and appropriate mobility technique

*(Remember, you can move up the decision ladder based on PACE results, not lower without an official re-assessment)*

**This device is not meant to replace a 2nd employee**

**Rolling Resident on Side w/ Draw Sheet**

1. Explain to resident what you are going to do and what they must do to help.
2. Adjust the height of the bed so that lines up with **mid thigh of lead employee**. If the head of the bed is up, lower it, unless the resident’s condition requires that it be left up. Lock the bed brakes.
3. With an employee on each side of the bed, lower the bedrails
4. Ask or assist resident to bend their knees (or cross their ankles if they cannot) and cross their arms over their chest
5. Employee on side resident is rolling away from **(lead employee)** grip the draw sheet with palms up and roll or bunch it in your hands until your hands are close to the resident.
6. Lead employee **slide** resident from center towards you. From squatted position, core tight, and elbows against side, resume a standing motion stepping into bed while rolling resident on their side while **assisting employee** (on other side of bed) helps guide employee.
7. Roll the client on their hip to at least 90 degrees. Assisting employee takes sheet from lead employee to hold resident.

**Inserting J-RO EZ Rest**

1. Lead employee grasp the base sheet and pull it away tightly directly behind clients back to prevent wrinkles.

Do not place J-RO EZ Rest on top of a repositioning draw sheet.

1. Lead employee firmly push the black angled edge of the J-RO EZ Rest towards the residents back between the shoulders and small of the back. The bottom black side should be in contact with the bottom sheet.
2. J-RO EZ Rest is positioned correctly if zipper is away from client and zipper is not visible when looking down at the wedge.
3. Lead employee hold J-RO EZ Rest in place as resident lies back against it. Ensure it bares all weight of the resident before you release it. Raise bed to waist height to perform care.

**Lowering Resident to Back**

1. After care is completed remove J-RO EZ rest and guide the resident onto their back. Tuck draw sheet back under mattress ensuring to eliminate creases. Put rails back up.