Maintenance of the 30-degree side lying lateral tilt position in bed. 
An observational study
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**Background:** Devices used for patient positioning must keep the body in the desired position until the next scheduled position change to prevent pressure ulcers.

**Aim:** To evaluate the maintenance of the 30 degree side-lying lateral tilt position among aged care residents at risk of developing pressure ulcers when using the standard care pillow and a purpose-designed positioning device.

**Design:** Observational study.

**Study site:** Illoura Aged Care, Northeast Health Wangaratta, Australia.

**Eligibility:** Aged care resident, ≥ 18 years of age, high risk of pressure ulcer development, required assistance to position the body in bed.

**Outcome:** The change in the angle of the participant's body when in the side-lying lateral tilt position.

**Treatment:** Condition 1: Usual care pillow for 2.5 days then Condition 2: Mölnlycke® Z-Flo™ Fluidized Positioner for 2.5 days.

**Data collection:** Body angle measurements taken with an iPhone digital gravity inclinometer application at baseline, 1 hour, and 2 hours on 10 occasions.

**Analysis:** Two-way repeated measures analysis of variance with Time and Condition as within-subject effects.

**Sponsor and study lead:** The University of Melbourne.

**Funding:** The University of Melbourne and Gandel Philanthropy.

**Governance:** Human Research Ethics Committee approved.

**Results:** Participants (n=12), 83 years age (average), 66% (n=8) female. 360 measurements taken. There was a statistically significant interaction between the effects of condition and time on the average position F(2,22)=15.574, p<0.001.

**Discussion:** The lateral tilt body position was better maintained with the Mölnlycke® Z-Flo™ Fluidized Positioner than the pillow. Further research is required to determine the effectiveness of the Fluidized Positioner for pressure ulcer prevention.


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