



एपेक्स इंस्टीट्यूट ऑफ आयुर्वेदिक मेडिसीन एवं हॉस्पिटल

एपेक्स वेल्फेयर ट्रस्ट द्वारा संचालित मल्टी स्पेशियलिटी हेल्थ केयर, आयुर्वेदिक रिसर्च संस्थान

एन. एच. 7, वाराणसी- मीरजापुर रोड, समसपुर, हवेली, चुनार, जि. मीरजापुर

फो.: 9628214214, 9415626497 ईमेल: aims.mzp@gmail.com

Ref. IAMH/2025/359

Date- 12/09/25

Yogya Clinical Skill Laboratory

- 1- Experiment No. - 14
- 2- Objective- Nursing Training for decubitus
- 3- Date & Time - 13/09/25 11:30 AM - 12:30 PM.
- 4- Faculty - Member- Dr. Sunil Kumar Singh *Sunil Kumar Singh*
- 5- Department - Roga Nidan
- 6- Lab Assistant / OT Technician- Mr. Siddhnath Vishwakarma
- 7- Beneficiary Batch- 2022-23
- 9- Description of experiment & it SOP- Attached.

Faculty of Dept. of Roga Nidan is requested to inform the beneficiary batch prior to experiment.

Gouri
Coordinator of YCSL
Dr. Gouri Chauhan

MKSingh
Principal
Dr. P.K. Singh

**EX INSTITUTE OF AYURVEDIC
MEDICINE AND HOSPITAL**
H-7, MIRZAPUR - VARANASI ROAD
SAMASPUR, CHUNAR, MIRZAPUR - UP

Permitted
OK
12/9/25

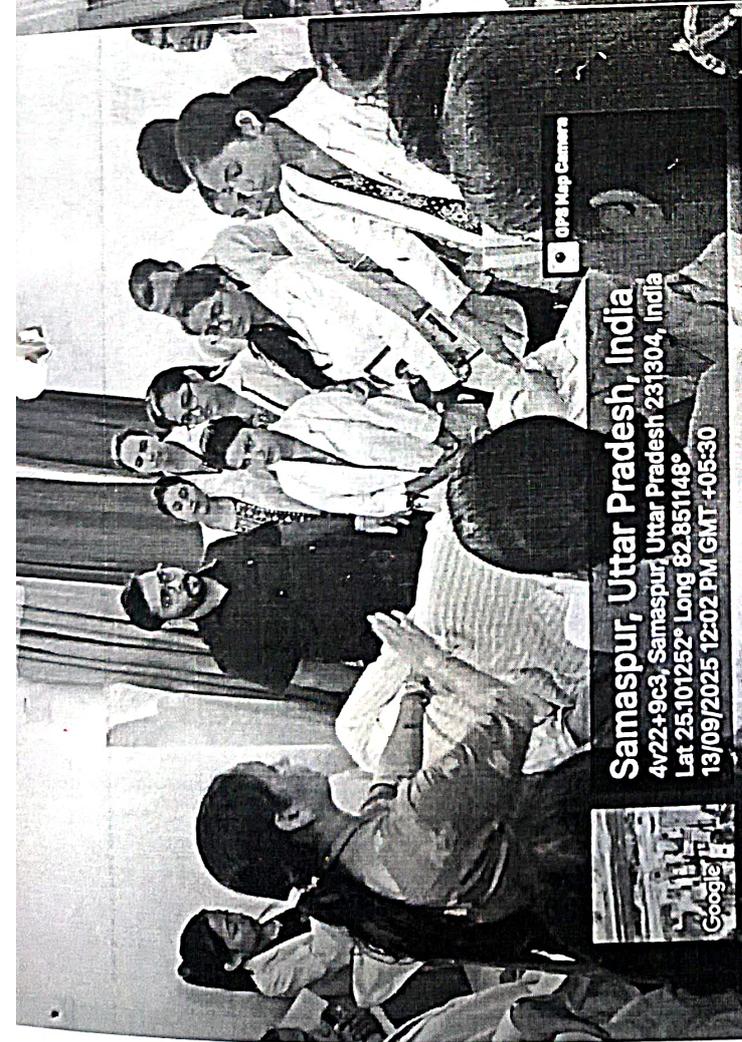
Yogya Clinical Skill Laboratory

- 1- Experiment no- : **Nursing Training for decubitus**
- 2- Objective- (Standard Operating Procedure Nursing Training for decubitus)
- 3- Date and time: Tentative -
- 4- Co-ordinator: Dr.Gouri Chauhan
- 5- Faculty member: Department- Dr.Sunil Kumar Singh , Dept. Of Rog Nidana
- 6- Laboratory Assistant- Mr. Siddhnath Vishwakarma
- 7- Beneficiary batch- 2022

Standard Operating Procedure (SOP) for Nursing Training on Decubitus
This SOP applies to all healthcare professionals involved in patient care.

Positioning Guidelines-

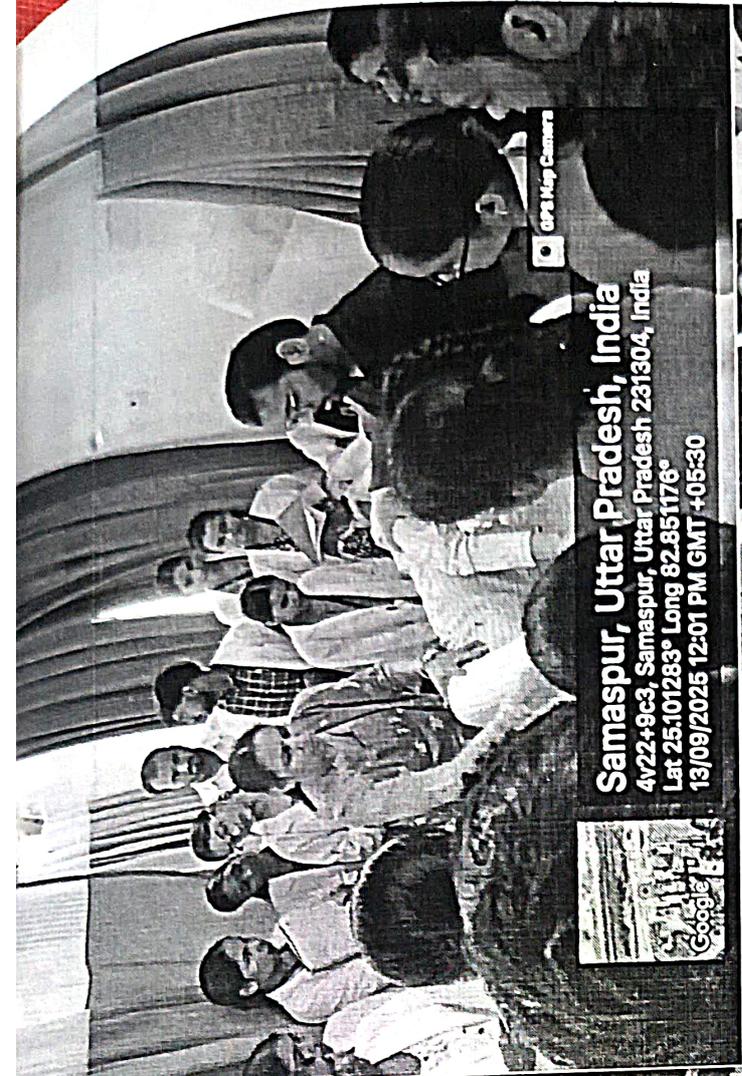
1. **Frequent repositioning-** Reposition patients at least every 2 hours, or more frequently if needed.
2. **30-degree tilt-** Use a 30-degree tilt position to reduce pressure on the sacrum and trochanters.
3. **Avoid direct pressure-** Avoid direct pressure on bony prominences, such as the sacrum, coccyx, trochanters, and heels.
4. **Use pillows and wedges-** Use pillows and wedges to support patients in positions that reduce pressure.



Samaspur, Uttar Pradesh, India

4V22+9c3, Samaspur, Uttar Pradesh 231304, India
Lat 25.101252° Long 82.851148°
13/09/2025 12:02 PM GMT +05:30

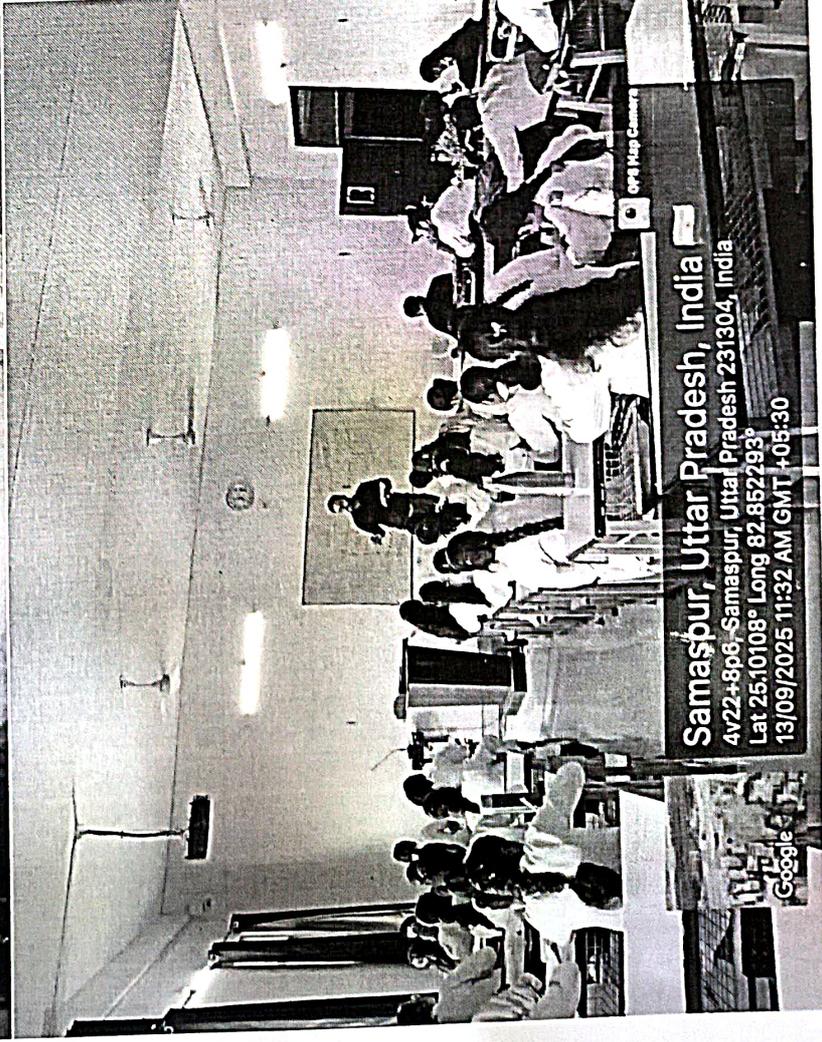
GPS Map Camera



Samaspur, Uttar Pradesh, India

4V22+9c3, Samaspur, Uttar Pradesh 231304, India
Lat 25.101283° Long 82.851176°
13/09/2025 12:01 PM GMT +05:30

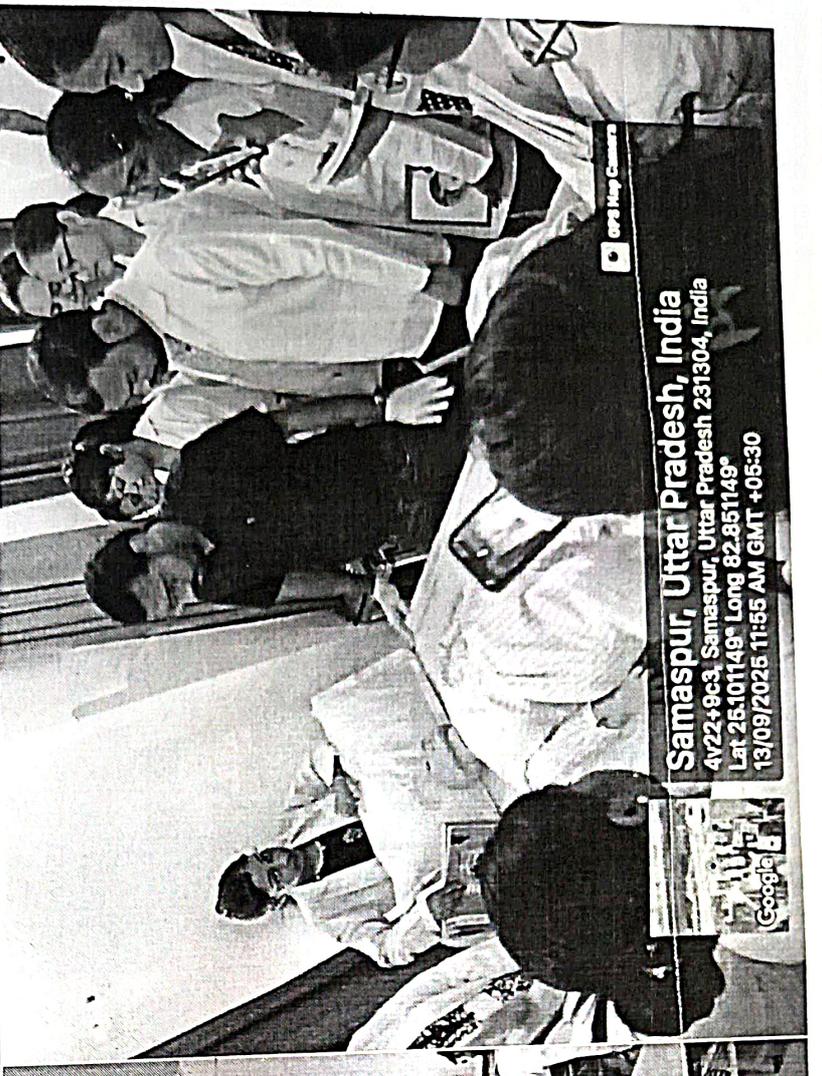
GPS Map Camera



Samaspur, Uttar Pradesh, India

4V22+8p8, Samaspur, Uttar Pradesh 231304, India
Lat 25.10108° Long 82.852293°
13/09/2025 11:32 AM GMT +05:30

GPS Map Camera



Samaspur, Uttar Pradesh, India

4V22+9c3, Samaspur, Uttar Pradesh 231304, India
Lat 25.101149° Long 82.861149°
13/09/2025 11:55 AM GMT +05:30

GPS Map Camera

