

PRESSURE RELIEF TECHNIQUE "TIP THE WAITER"

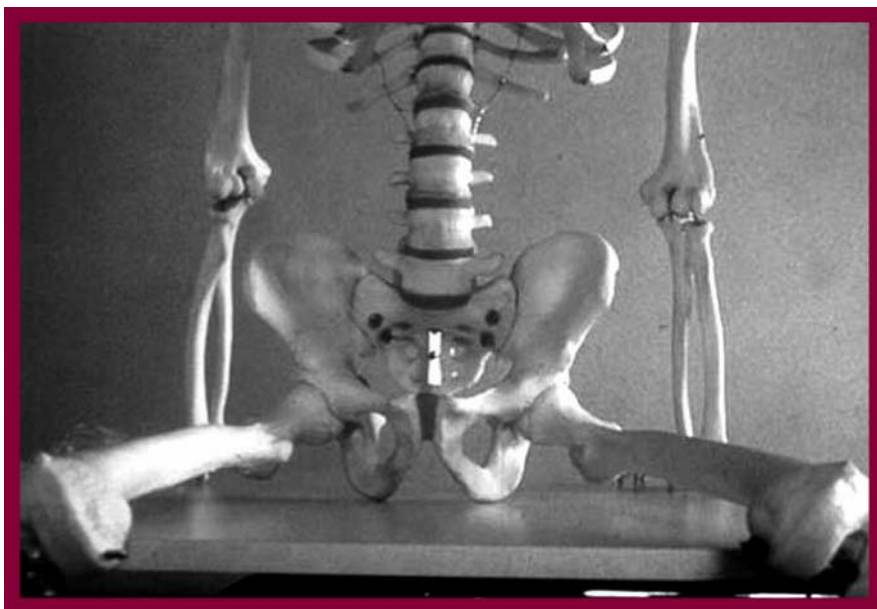
Like a 3 legged stool, when we sit, our weight rests on 3 bones: **the left ischial tuberosity, the right ischial tuberosity, and the coccyx**. People who sit for long periods of time, and who are unable to effectively shift their weight, such as those with severe cognitive or neurological impairment, are at risk for developing pressure ulcers in these areas.

TIP THE WAITER is a simple repositioning technique that not only provides temporary pressure relief in these areas, but can also increase capillary blood flow to the tissue. **TIP THE WAITER** is very easy for health care staff and family to do without fear of injury, if done correctly.

The term "**TIP THE WAITER**" can help you remember the technique. Any time a person cannot effectively reposition themselves, they are waiting to be repositioned by someone else, and thus they are the **waiter**. By **tipping** the person forward and holding them in a tipped or forward leaning position for a period of time (one to two minutes), a caregiver can provide pressure relief to the coccyx and ischial tuberosities. Caregivers should hold the person as necessary to prevent them from falling.

The caregiver may employ therapeutic touch and therapeutic communication with the patient or resident, while holding them in a tipped position. Remember this practice with **Three Ts (tip, touch, talk)**.

TIP THE WAITER is a simple technique that can be employed by health care staff, family and other caregivers to help relieve pressure from an area highly susceptible to pressure ulcers. This technique does not replace the need for total repositioning at least every two hours.



Note: Tip the Waiter is a recommendation to help relieve pressure, which is a method for pressure ulcer prevention. Currently, there is no scientific evidence of the effectiveness of this technique in the prevention of pressure ulcers.