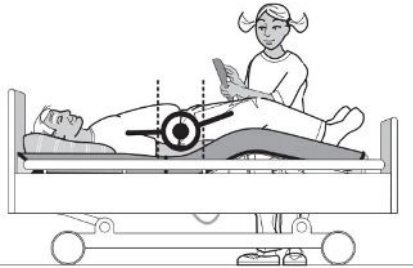


THE 5 SMILES TECHNIQUE

To ensure the most comfortable position (seated or lying), it is imperative that the Carers remove any tension occurring on the skin when the Client's head or feet are raised.



Scan the QR Code to watch the 5 Smiles Technique Video

Always ensure you raise the knees prior to bringing the Client into sitting to prevent excessive shear from sliding down the bed. Don't exceed 30 degree head raise to minimise risk of pressure injury.



First Smile:

Move and reposition the pillow.



Second Smile:

Left side - relieve the skin tension under the shoulders on each side. Use the Immedia MultiGlide glove and place the gloved hand under the Client and slowly move it down towards the bed end.



Third Smile:

Right side - relieve the skin tension under the shoulders on each side. Use the Immedia MultiGlide glove and place the gloved hand under the Client and slowly move it down towards the bed end.



Fourth Smile:

Right side - relieve the skin tension under the legs one leg at the time. Use the Immedia MultiGlide glove and place the gloved hand under the buttocks and slowly move it towards the bed end.



Fifth Smile:

Right side - relieve the skin tension under the legs one leg at the time. Use the Immedia MultiGlide glove and place the gloved hand under the buttocks and slowly move it towards the bed end.