

## Appendix 4 – The rollover sequence

The **'rollover sequence'** may be used where the individual is not able to ambulate off the bed due to a modified Bromage score of  $\geq 1$ . Care should be taken when adopting a kneeling position to ensure the woman can safely bear her weight, bed side rails should also be used where possible. Encourage the woman to spend at least 30 minutes in each position, longer if she is tired, each position should be held for a maximum time of 2 hours to avoid pressure ulcers. Support for knees and ankles should be provided with a pillow. If there are concerns over the fetal heart rate, change position immediately.

