Figure 19-1. These positions may assist with reducing the severity of dyspnea. Position A can assist when the person is trying to rest or sleep. Positions B and C are useful for resting when a chair is available. Positions D and E are useful when the patient is walking outdoors or indoors and there is a wall to lean against. For patients with a chronic respiratory condition who experience relief using the position D (or report relief when walking in shopping centers leaning on a cart or trolley), consideration should be given to prescribing a rollator for home use.

POSITIONING TO REDUCE DYSPNEA

Positions that have been demonstrated to reduce dyspnea are characterized by the following:
- An upright, lean-forward posture
- Fixation of the arms

Technique
- Review positions illustrated in Figure 19-1. To assess the patient’s response to a new position, monitor respiratory rate, oxygen saturation as measured by pulse oximetry (SpO₂), accessory