Effects of Infant Positioning in the NICU

One of the earliest neurodevelopmental interventions in the NICU is therapeutic positioning.

**Temperature**
Infants placed prone have higher surface temperatures and narrow central-to-peripheral temperature gradients.

**Comfort**
Physiological flexion promotes self-soothing.

**Gas Exchange**
SpO2 is higher in left-lateral and prone positions than supine position.

**Intracranial Regulation**
Infants <28 weeks gestational age should have their head placed midline & head of the bed raised 30 degrees for the first 3 days of life to prevent intraventricular hemorrhage.

**Nutrition**
Preemies have lower gastric residuals when placed prone.

**Mobility**
Flexed positions promote proper joint alignment and symmetry.
Swaddling the legs too tight can cause hip dysplasia.

Infant positioning is a nursing intervention, you can improve patient outcomes!

Created by Kristin Wade - UNM Nursing Student Fall 2014 - References on back