

Chapter 21: Beds and Bed Making

Making an Occupied Bed			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Assemble the appropriate number of staff to perform this procedure according to the client's care plan. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Collect the following supplies:			
<input type="checkbox"/> Laundry bag (if available)			
<input type="checkbox"/> Clean linen (see <i>Making a Closed Bed</i> , page 468)			
5. Place linen on a clean surface.			
6. Provide for privacy.			
7. Remove the call bell.*			
8. Place the laundry bag (if available in your facility) near the bed or follow your employer's policy.			
9. Raise the bed to a comfortable working height. Follow the care plan for bed rail use.*			
10. Lower the head of the bed. It should be as flat as possible. Lower the bed rail near you if it is up.*			
Procedure	S	U	Comments
11. Put on gloves when handling linen soiled with blood, body fluids, secretions, or excretions.			
12. Loosen top linen at the foot of the bed.			
13. Remove the bedspread and blanket separately. Fold them as shown in FIGURE 21.30 if you will reuse them. Place each over a chair.			

14. Leave the top sheet on your client to provide warmth and privacy.			
15. Slide the mattress to the head of the bed.			
16. Position the client on the side of the bed opposite to where you will begin changing the bed. Adjust the pillow for comfort and ensure that side rails are up (if available). If the client has side rails, raise the bedrail on the side closest to the client so that it can be grasped.			
17. Loosen old bottom linen from the head of the bed to the foot of the bed.			
18. Fan-fold old bottom linens one at a time toward the client. Start with the old incontinence pad (if used) (FIGURE 21.31). If the incontinence pad is heavily soiled, remove the pad or roll it tightly to contain the soiling.			
19. Cleanse the client's buttock and genital area if necessary. (See the procedure <i>Giving a Complete Bed Bath</i> in Chapter 17.)			
20. Place a clean incontinence pad over the old incontinence pad. Fan-fold toward the client, tucking it next to the client, preventing further contact between the wet or soiled incontinence pad and the client's skin.			
21. If your facility uses a mattress pad on the bed, unfold it lengthwise, with the centre crease in the middle.			
22. If using a flat bottom sheet, place the clean sheet on the mattress pad (if used) or on the mattress, with the hem stitching away from the client. Unfold the sheet so that the crease is in the middle and the small hem is even with the bottom of the mattress. If using a fitted bottom sheet, place and unfold the sheet in the same way as with a flat sheet, but fit the sheet one corner at a time.			
23. Make a mitred corner at the head of			

the bed (if using a flat sheet). Tuck the sheet under the mattress from the head to the foot.			
24. Pull the clean incontinence pad (if used) toward you over the bottom sheet. Fan-fold both toward the client.			
25. Raise the bed rail if it was used. Go to the other side, and lower the bed rail.*			
26. Explain to the client that they will roll over a bump. Assure the client that there is no risk for a fall.			
27. Help the client turn to the other side. Adjust the pillow for the client's comfort.			
28. Remove the soiled incontinence pad and loosen bottom linen. Remove one piece at a time, and place each piece in the laundry bag (if available), or follow your employer's policy for care of dirty linens. If the client is on cytotoxic medications (chemotherapy), see Chapter 44 for safety information regarding special handling of soiled linens.			
29. Remove and discard gloves if they were worn. Wash your hands.			
30. Straighten and smooth the mattress pad (if used).			
31. Pull the fan-folded clean bottom sheet and incontinence pad toward you, ensuring the client is now on a smooth, lump-free surface. Make a mitred corner at the top if using a flat sheet. Tuck the sheet under the mattress from the head to the foot of the bed. If using a fitted sheet, pull over each corner.			
32. Pull the incontinence pad tightly toward you.			
33. Place the client in the supine position in the centre of the bed. Adjust the pillow for comfort.			
34. Put a clean top sheet on the bed. Unfold it lengthwise. The crease is in the middle, and the large hem is even with the top of the mattress. Hem stitching is on			

the outside.			
35. Ask the client to hold on to the clean top sheet so that you can remove the old top sheet from beneath. If the client is unable to help, tuck the clean top sheet under the client's shoulders. Remove the old top sheet.			
36. Place the blanket (if used) on the bed. Unfold it so that the crease is in the middle and it covers the client. The upper hem should be 15 to 20 cm (6 to 8 in.) from the top of the mattress.			
37. Place the bedspread (if used) on the bed. Unfold it so that the centre crease is in the middle and it covers the client. The top hem is even with the mattress top.			
38. Turn the top hem of the bedspread under the blanket to make a cuff.			
39. Bring the top sheet down over the bedspread to form a cuff.			
40. Go to the foot of the bed.			
41. Make a toe pleat using the top linens. Make a 5-cm (2-in.) pleat across the foot of the bed (FIGURE 21.32). The pleat is about 15 to 20 cm (6 to 8 in.) from the foot of the bed.			
42. Lift the mattress corner with one arm. Tuck all top linens under the mattress together. Make a mitred corner.			
43. Raise the bed rail if it was used. Go to the other side, and lower the bed rail.*			
44. Straighten and smooth top linens.			
45. Tuck the top linens under the mattress. Make a mitred corner.			
46. Change the pillowcase(s).			
47. Raise the head of the bed to a level appropriate for the client, or use pillows to position the client.			
Post-Procedure	S	U	Comments
48. Provide for safety and comfort.			
49. Place the call bell within reach.*			
50. Lower the bed to its lowest position.			

Follow the care plan for bed rail use.*			
51. Follow your employer's policy for care of soiled linen.			
52. Remove privacy measures, as needed.			
53. Perform hand hygiene.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			