PURPOSE:
To maintain self-esteem, comfort and protection while dressing the patient.

CONSIDERATIONS:
1. If patient has weakness or paralysis on one side:
   a. When dressing, put garment on affected extremity first.
   b. When undressing, remove from non-affected extremity last.
   c. Support affected extremity and DO NOT pull on it.
2. The patient should be allowed to choose clothing and dress self as much as possible.
3. Lay out the pieces of clothing where the patient can reach, in the order the patient will put them on.
4. If patient cannot stand, pants should be put on while patient is lying flat in bed.
5. If patient is bedbound, it is easier to put on pullover and upper garments with the head of the bed elevated, otherwise roll patient from side to side, dressing one side at a time.
6. The above principles apply whether patient is in bed or sitting up in the chair.

EQUIPMENT:
Clean clothes
Laundry bag or container
Adaptive dressing devices (optional)

PROCEDURE:
1. Adhere to Standard Precautions.
2. Explain procedure to patient.
3. Allow the patient to select clothing for the day or retrieve appropriate clothing for the patient.
4. Provide for privacy. If the patient just had a bath, cover with a towel or bath blanket, as needed.
5. Place patient in position that makes arms and legs easily accessible and is safe for patient.
6. Assist in removing soiled clothes using considerations noted and avoiding undue exposure.
7. Assist patient to dress with clean clothes beginning with upper garments and ending with pants.
8. Female patients: ensure bra cups fit over the breasts. For bras that fasten in the back; Place around the waist, fasten, rotate, push up into place and then place arms through straps.
9. Socks and stockings should be rolled or folded down and slipped over toes and feet. Make certain toes, heels and seams of socks are in the right place as they are unrolled into place.
10. Put soiled clothes in designated container.
11. Return patient to position of comfort.

AFTER CARE:
1. Document in patient’s record:
   a. Patient’s response to procedure.
   b. Assistance required.
2. Report any changes in patient's condition to nurse.

REFERENCES: