PURPOSE:
To provide safety, comfort, warmth, freedom of movement and to prevent skin breakdown and infection.

CONSIDERATIONS:
1. Egg crate or air mattress:
   a. Cover loosely with a single sheet only.
   b. May use incontinent pad.
2. Use a single layer of incontinent pads.
3. Use good body mechanics to avoid back strain.
4. If side rail present, raise on patient's side.

EQUIPMENT:
Bath blanket or large towel
Sheets
Incontinent pad on sheet (optional)
Sheepskin (optional)
Blanket
Bedspread
Gloves
Apron/gown (optional)

PROCEDURE:
2. Obtain needed linen.
3. Explain procedure to patient.
4. If hospital bed, raise level of bed waist height and place patient in flat position, if possible.
5. Take the bedspread and regular blanket off the bed. Fold them loosely over the back of the chair, and leave the patient covered with the top sheet.
6. Place the bath blanket over the top sheet. Ask the patient to hold the blanket in place.
7. Remove the top sheet from underneath without uncovering (exposing) the patient. Fold the sheet loosely over the back of the chair, if it is to be used again; if not, put it in the laundry bag.
8. Move mattress to top of bed:
   a. Stand to side of bed facing the head. Grasp mattress at about the center and bottom edge, and move it toward head of bed. Use proper body mechanics.
   b. Have patient assist, if able, by grasping head of bed with his hands and pull when you are ready.
   c. Have family member assist, if necessary.
9. Have patient move, or turn patient toward far side of bed (be sure side rail is up on patient's side). Maintain patient's proper body alignment.
10. To make the foundation of the bed on one side:
    a. Loosen draw sheet (if present) and fold or roll toward the patient.
    b. Loosen plastic protective sheet (if present) and fold or roll toward the patient.
    c. Loosen bottom sheet and fold or roll toward the patient.
    d. Straighten mattress pad (if present).
    e. Place clean bottom sheet right side up on bed lengthwise, with hem of sheet even with the foot of the mattress.
    f. Unfold toward center of bed.
    g. Tuck under at head of mattress, miter corner.
    h. Tuck sheet under mattress along side of bed.
    i. Unfold or unroll plastic draw sheet, and place it over bottom sheet and tuck under mattress.
    j. Place cotton draw sheet over plastic, unfold toward center of bed, and tuck under mattress.
    k. Assist patient to turn back toward you over all the sheets.
    l. Raise side rail (if present) and proceed to opposite side of bed.
    m. Roll and remove soiled draw sheet, lift plastic protective sheet, remove bottom sheet and place with soiled linen.
    n. Adjust bottom sheet, tuck under at head of mattress, miter corner and tuck in tautly along side of mattress.
    o. Smooth and tuck in plastic sheet.
    p. Tuck in draw sheet.
    q. Have patient turn onto back.
    r. Change covers on pillows and place under head.
11. Place top sheet over bath blanket on bed lengthwise, placing hem of sheet even with top edge of mattress with wrong side up.
12. Remove bath blanket.
13. Straighten and center top sheet - allow sufficient room to make a 6-8 inch cuff over edge of blanket.
14. Place blanket and/or spread under mattress at foot of bed. Allow enough room to avoid pressure on feet. Consider using small pillow between patient's feet and the foot of the bed to decrease pressure and prevent patient from sliding down.
15. Miter corners.
16. Fold top sheet over spread at top of bed to form a cuff.
17. Position patient for comfort and safety.
18. If leaving the patient alone in the room place the bell or telephone within patient's reach in case the patient needs to call for help.
19. Remove soiled linen from room.

AFTER CARE:
2. Report any changes in patient's condition to supervisor.
REFERENCE: