

Chapter 17

DRESSING AND UNDRESSING

PROCEDURE FOR ASSISTING A CLIENT TO DRESS:

1. Wash your hands.
2. Gather necessary clothing.
3. Explain what you are going to do.
4. Provide privacy.
5. Provide assistive devices as per service plan.
6. Assist client in removing gown, pajamas, or soiled clothing.
7. If client is in bed, put on underclothes, stockings, and pants while lying down.
8. Bra.
 - a. Instruct client to slip arms through the shoulder straps.
 - b. Position properly and fasten.
9. Undershirt/slip.
 - a. Assist or have client put arms into undershirt/slip first.
 - b. Assist or have client put head into undershirt/slip.
 - c. Check and make sure undershirt/slip does not remain rolled up on the client's back; pull down to waist.
10. Stockings/socks.
 - a. Fold the stocking down from the opening to just beyond the heel.
 - b. Support client's ankle and slip folded stocking over the toes; position it over the heel and pull it up smoothly over the leg.
11. Underpants/pants (disposable protective briefs if worn by the client).
 - a. Put both legs in pants; slide up to hips.
 - b. Have the client lift his hips and pull pants up. If the client is unable to lift his hips, turn to one side and slip pants over hip, then turn to opposite side and pull pants over the other hip.

- c. Zip the zipper and fasten snap or button (if applicable).
- d. If the client has a catheter, leave the fly open to allow for tubing then pin the fly shut. If the client has a leg bag, make sure it is not visible when he is dressed.

12. Shoes.

- a. Always help client put on shoes before standing up from bed to avoid slipping on floor.
- b. Loose laces and pull tongue of shoe forward and up.
- c. Support client's ankle as you slide the toes, foot, and heel into the shoe.

NOTE: USE A SHOEHORN, IF AVAILABLE.

- d. If possible, have the client stand and tie his shoelaces.



13. Raise the head of the bed to a near sitting or assist client into a sitting position on side of bed or into a chair at bedside.

14. Dress/shirt.

- a. Apply arm protectors per the service plan if necessary.
- b. Assist or have client put weak arm in sleeve of garment first while there is more "give."
- c. Put other arm in next.
- d. If both arms are weak, put on dress over feet then put arms in sleeves.

15. Pullover sweater or shirt is put on like undershirt.

16. Wash your hands.

17. Record observations and report anything unusual to nurse/supervisor.