

Chapter 20

BED MAKING

PROCEDURE FOR MAKING AN OCCUPIED BED:

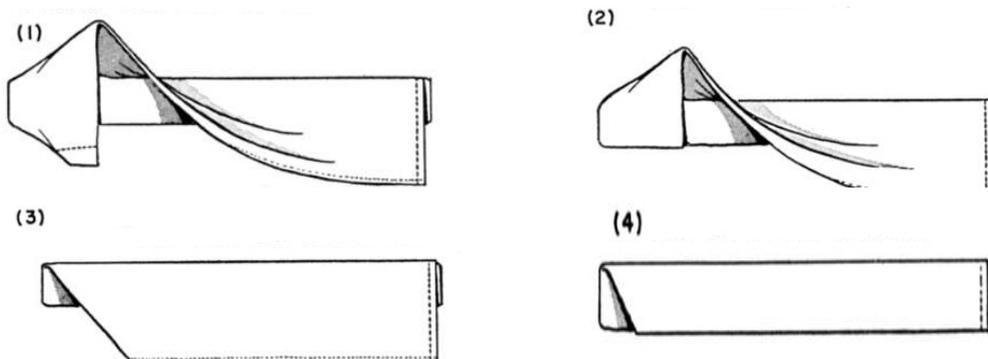
1. Gather necessary linens in the order to be used.
2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. Provide privacy.
5. Raise adjustable bed to comfortable working position, side rails up unless you are working on that side.

CAUTION: DO NOT STEP AWAY FROM THE BEDSIDE WITH THE SIDE RAILS DOWN FOR ANY REASON DURING THE PROCEDURE.

6. Lower back and knee rest until bed is flat, if client's condition allows.
7. Loosen the top of bedding at foot of bed.
8. Remove spread; fold spread to foot of bed. Remove by grasping center and place on back of chair.
9. Remove blanket according to above procedure.
10. Place clean sheet over top sheet. Ask client to hold the clean sheet in place or tuck under client's shoulders. Remove dirty top sheet and place it in a laundry basket or plastic bag.
11. Keep pillow under client's head and turn client to side of bed you are not making.
12. Loose bottom bedding; free bottom linen and roll each piece to the client's back.
13. Place mattress pad on bed lengthwise with fold in the center.
14. Place bottom sheet lengthwise with a fold in the center.
15. Tuck fitted bottom sheet under the mattress.
16. Fanfold bottom sheet close to the client's back.
17. Center the lift sheet. Fanfold $\frac{1}{2}$ to the client's back; tuck other end under mattress. Place pads on bed if used.
18. Raise bed side rail; assist client in turning and moving to clean side of bed.
19. Move and keep pillow under client's head.

20. Go to opposite side of bed; lower bed side rail.
21. Pull through all bottom linen; remove and discard soiled linen in linen container. Do not allow the soiled linens to come in contact with your uniform.
22. Pull clean mattress pad toward edge of bed and tuck under mattress.
23. Pull clean bottom sheet toward the edge of bed and tuck it under the mattress.
24. Pull the lift sheet, tighten, and tuck it under the mattress. Smooth pads if used.
25. Assist client to the center of the bed.
26. If a blanket is used, place it over the top sheet; place the bedspread (if used) over the blanket even with the top sheet.
27. Tuck in top linens at foot of bed.
28. Tuck sheet, blanket, and bedspread at foot of bed under mattress and miter corners on each side (see Figure 20.2).

Figure 20.2: Mitered Corner



29. Change pillowcase and place pillow under the client's head (see Figure 20.3).
30. Lower adjustable bed and recess bed ranks.
31. Wash your hands.

Figure 20.3, Changing a Pillowcase

