

## **BEDMAKING (OCCUPIED)**

### **PURPOSE:**

1. To provide clean, comfortable environment for resident.

### **EQUIPMENT:**

1. Sheets.
2. Pillowcase.
3. Drawsheet.
4. Bedspread.
5. Dirty linen hamper.
6. Blanket.
7. Plastic protector or incontinence pad, if needed.

### **PROCEDURE:**

1. Raise bed to flat position in comfortable working height.
2. Loosen top bedding at the foot of the bed. Remove blanket and spread. Fold and place on chair. NOTE: A towel may be placed on a chair or over bed table to create a clean surface.
3. Raise side rail; turn resident on side toward rail with back to you.
4. If bedspread and blanket are to be reused, remove from bed and fold over back of chair or foot of bed leaving resident covered with top sheet.
5. Slide mattress to head of bed with assistance as needed. Loosen bottom sheet.
6. Assist resident to turn his/her side away from you toward far side of bed.
7. Adjust pillow to resident's comfort.
8. Fan fold or roll soiled bottom linen toward resident and tuck against his/her back.
9. If used, place mattress pad on mattress.
10. Place center of fresh bottom sheet in center of mattress from head to foot. Put the small hem at the foot of the bed even with the edge of the mattress, rough edge of hem next to mattress.
11. With hand closest to the foot of the bed, lift up the mattress several inches and using the other hand, tuck the top of the sheet firmly under the mattress.
12. For a mitered corner: with hand closest to foot of the bed, pick up edge of sheet at side of bed about 18" from head of mattress. Pick up the part of the sheet resting on bed at the point and fold back over side of bed and tuck under hanging portion of sheet from head to foot of the mattress.
13. If used, place plastic draw sheet about 14" from head of bed, cover with bottom draw sheet, and tuck the sheets under the mattress on the side nearest you.
14. Push all bottom linens to center of bed along resident's back. This will create a hump of linen next to the resident in the center of the bed.
15. Assist the resident to roll toward you over the hump of linen and immediately raise side rail for support.
16. Go to opposite side of bed, lower side rail.
17. Remove soiled linen by rolling edges toward center with soiled side inward and place in linen hamper. Avoid holding soiled linen against uniform.

18. Pull fresh mattress pad and bottom sheet toward edge of bed. Tuck under head of bed and miter the corner. Tuck in sheet from head to foot, pulling taut and removing wrinkles as you go.
19. Pull drawsheet(s) toward you and tuck in tightly, removing all wrinkles.
20. Assist resident to turn to back, making sure top sheet is not caught under resident.
21. Place top sheet over resident with center fold at center of bed from head to foot. Put the large hem at head of bed even with top edge and rough side away from mattress. Open edge of sheet, reach under and remove soiled top sheet toward foot of bed and place in linen hamper. Use same procedure for blanket and bedspread.
22. With hand closest to head of bed, lift bottom of mattress slightly at foot of bed and tuck sheet, blanket, and spread firmly under foot of mattress. Miter the corner.
23. Loosen top linen over feet to allow for freedom of movement and prevent foot drop.
24. Remove pillow and replace pillowcase. Replace pillow under head and make resident comfortable.
25. Raise side rail if ordered.
26. Position resident comfortably.
27. Lower bed to lowest position.
28. Place call light within resident's reach.
29. Leave room neat.

NOTE: Linens to be changed with each shower and as needed.