

P.M. CARE (BEDTIME CARE)

PURPOSE:

1. To prepare resident for sleep by providing comfort and security.
2. To meet the resident's physical and mental needs.
3. To prevent the development of pressure areas on the skin.

EQUIPMENT:

1. Bedpan or urinal.
2. Toothbrush or disposable toothbrush.
3. Washcloth and towel.
4. Toilet tissue.
5. Soap and warm water.
6. Emesis basin.
7. Lotion.
8. Denture cup.
9. Clean linen as necessary.
10. Water cup and fresh water.

PROCEDURE:

1. Offer bedpan or urinal; assist ambulatory residents to bathroom.
2. Assist resident to undress and change into night attire.
3. Assist with washing of face and hands.
4. Offer bedtime nourishment if permitted within dietary restrictions.
5. Assist with oral hygiene.
6. Provide perineal care if necessary.
7. Massage back and buttocks with lotion and observe skin condition for reddened or open areas.
8. Tighten linen, change soiled linen and adjust pillow.
9. Assist resident into comfortable position; turn and position resident with pillows.
10. Apply restraint, positioning device or alarm, if ordered.
11. Place call light within reach.
12. Refill water pitcher with fresh water and offer a drink.
13. Elevate side rails if ordered.
14. Clean bedside stand, over-bed table and side rails.
15. Adjust room temperature if possible.
16. Leave room clean and tidy.
17. Adjust lighting in room as resident desires.