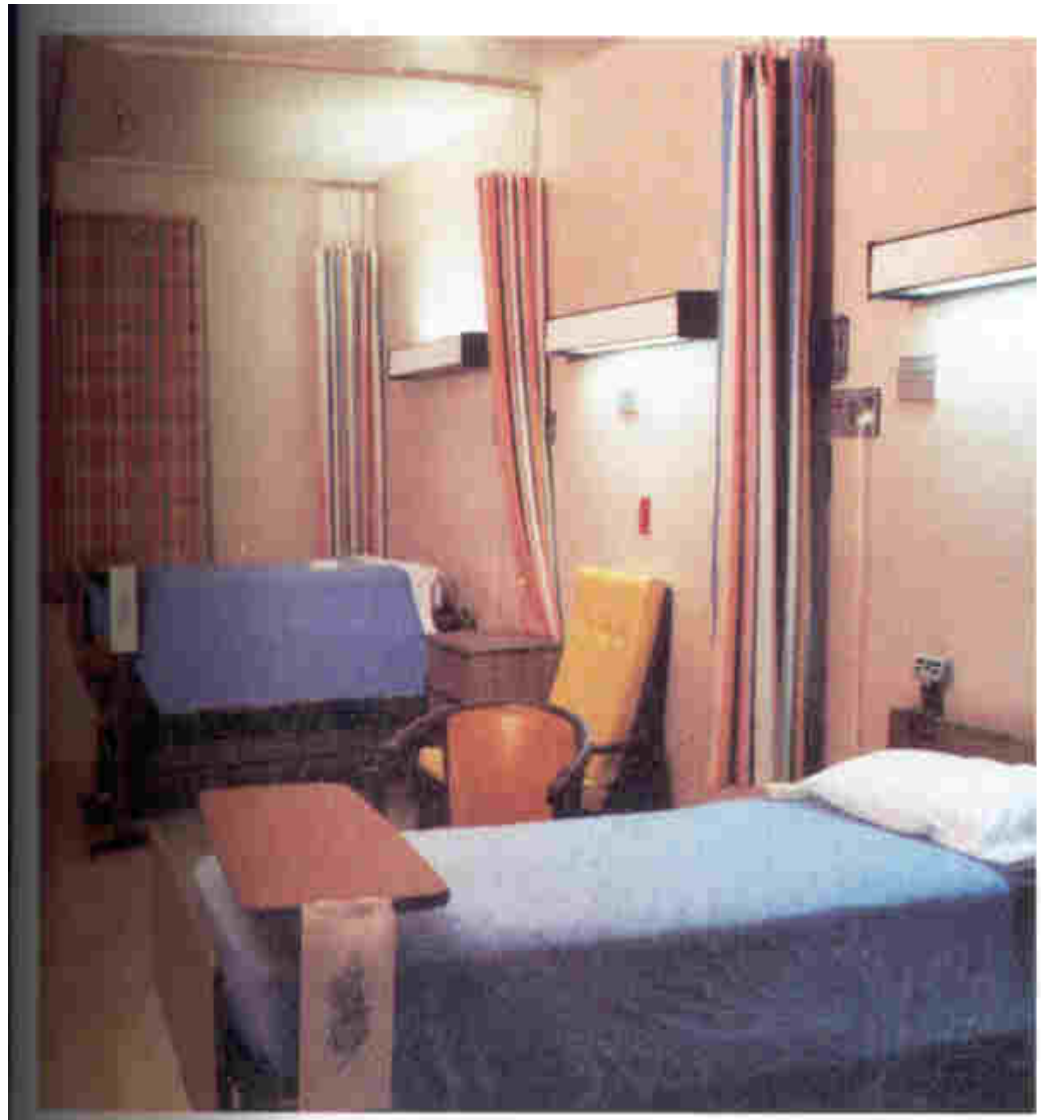


CHAPTER 12



THE PATIENT'S UNIT SHOULD BE:

- ✓ SAFE
- ✓ COMFORTABLE
- ✓ PRIVATE



SAFETY

- ✓ ALL EQUIPMENT IN WORKING ORDER
- ✓ CALL SIGNAL WITHIN PATIENT'S REACH
- ✓ ROOM IS NEAT, CLEAN, AND UNCLUTTERED
- ✓ SAFETY BARS AND CALL LIGHT IN THE BATHROOM
- ✓ WHEELS ON BED ARE LOCKED
- ✓ GOOD LIGHTING IS PRESENT
- ✓ SIDE RAILS SHOULD BE UP

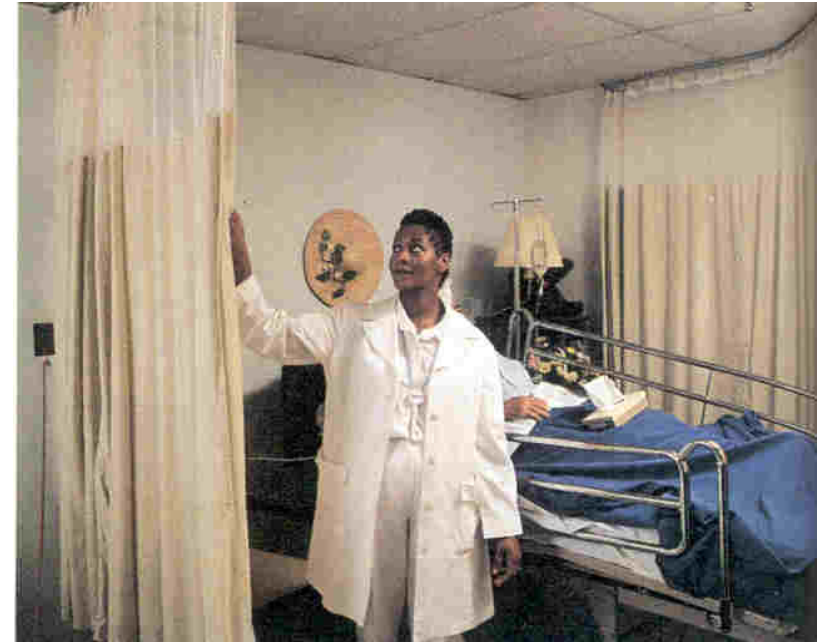


COMFORT

- ✓ COMFORTABLE ROOM TEMPERATURE (OBRA STATES TEMPERATURE MUST BE BETWEEN 71° AND 81°)
- ✓ ONE HIGH BACKED CHAIR WITH ARMS PER ROOM
- ✓ KEEP NOISE TO A MINIMUM
- ✓ ELIMINATE UNPLEASANT ODORS
- ✓ USE ROOM DEODORIZERS IF NEEDED
- ✓ ADEQUATE LIGHTING
- ✓ MAKE SURE THE PATIENT CAN REACH THE PHONE, TV, AND LIGHT CONTROLS

PRIVACY

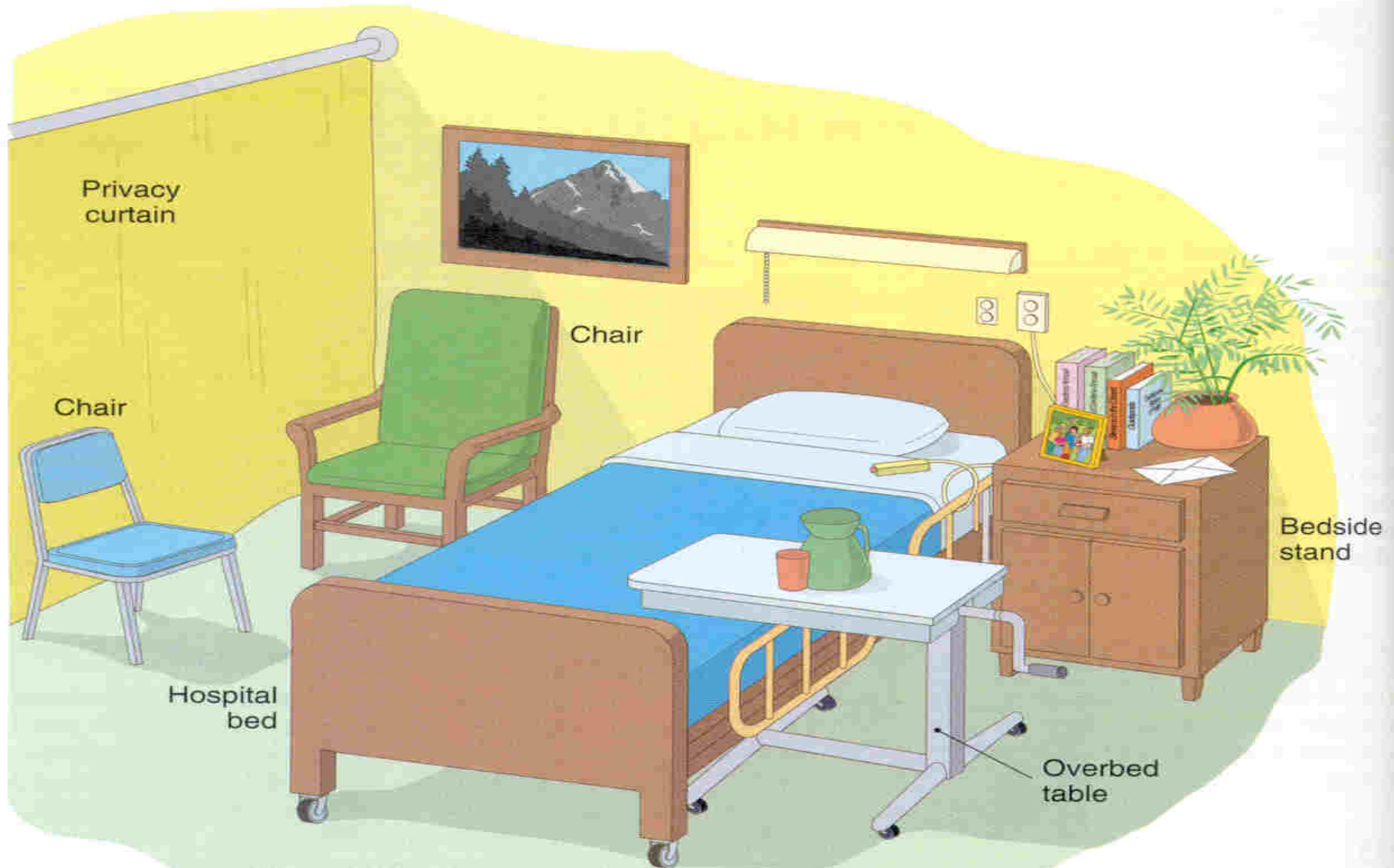
- ✓ WINDOW BLINDS OR CURTAINS CLOSED WHEN GIVING CARE
- ✓ PRIVACY CURTAIN CLOSED AROUND BED
- ✓ EACH PERSON HAS THEIR OWN CLOSET
- ✓ KNOCK ON THE PERSON'S DOOR
AND WAIT FOR A RESPONSE
BEFORE ENTERING!!!
- ✓ DO NOT MOVE OR DISCARD THE PATIENT'S BELONGINGS



PERSONS IN LONG-TERM CARE FACILITIES ARE ENCOURAGED TO BRING THEIR OWN CLOTHES, PHOTOGRAPHS, AND OTHER PERSONAL BELONGINGS FROM THEIR HOME.



PATIENT UNIT



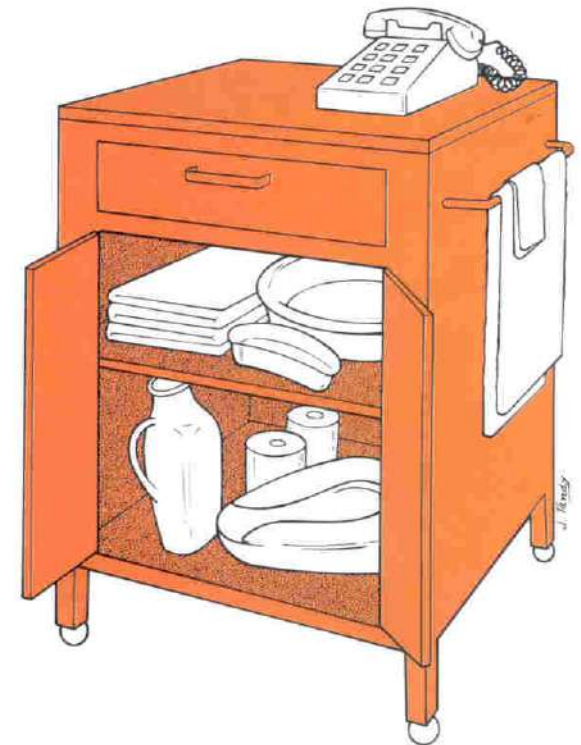
OVERBED TABLE

- ✓ THE BASE SLIDES UNDER THE BED AND THE HEIGHT IS ADJUSTABLE.
- ✓ THE PATIENT MAY USE THE TABLE FOR EATING, WRITING, OR OTHER ACTIVITIES
- ✓ THE NURSING TEAM MAY USE THE TABLE AS A WORK AREA
- ✓ ONLY CLEAN OR STERILE ITEMS ARE PLACED ON THE TABLE.

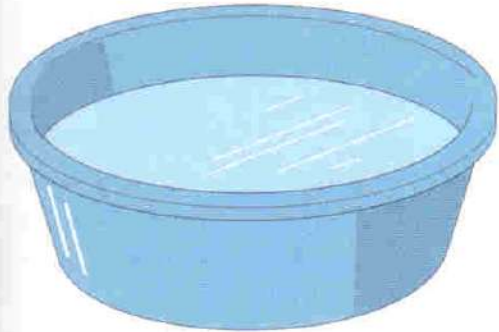


BEDSIDE STAND

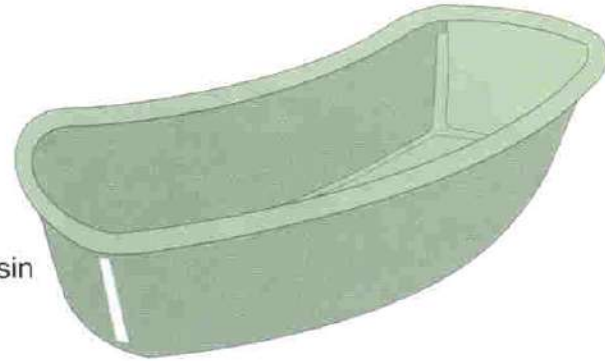
- ✓ THE TOP DRAWER IS USED FOR PERSONAL BELONGINGS (EYEGASSES,BOOKS,MONEY)
- ✓ THE FIRST SHELF IS USED FOR THE WASH BASIN (SOAP AND LOTIONS CAN BE STORED IN THE BASIN)
- ✓ THE BOTTOM SHELF IS USED TO STORE THE BEDPAN



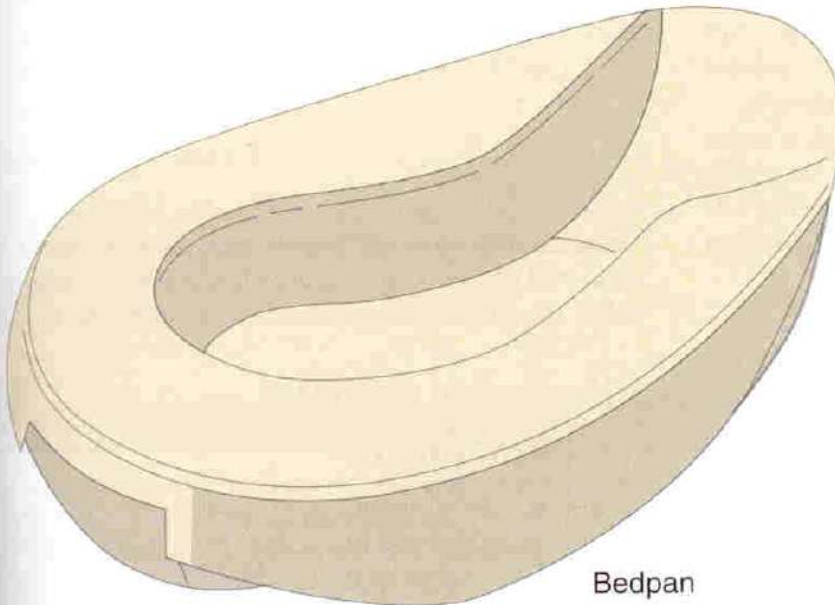
PERSONAL CARE EQUIPMENT



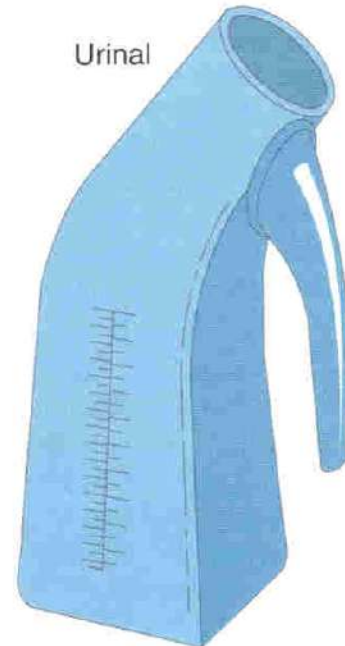
Bath basin



Emesis basin



Bedpan



Urinal

CALL SIGNAL

A PATIENT'S CALL SIGNAL MUST ALWAYS BE WITHIN REACH

THE CALL SIGNAL IS CONNECTED TO A LIGHT ABOVE THE ROOM DOOR AND TO A PANEL AT THE NURSE'S STATION



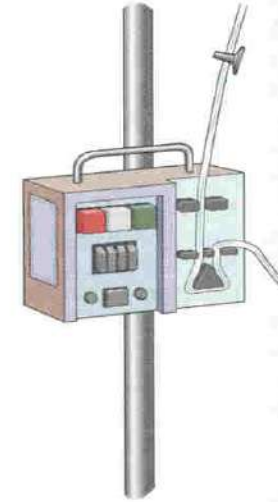
SPECIAL EQUIPMENT



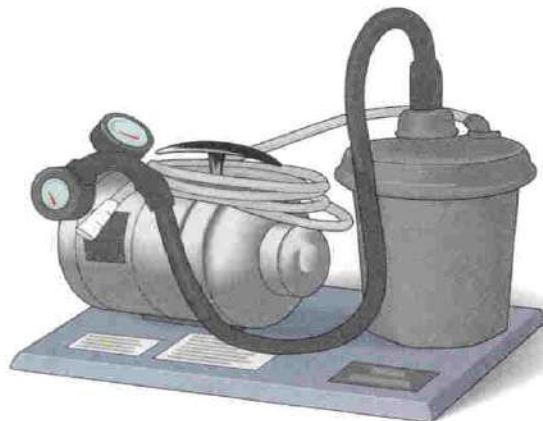
Oxygen concentrator



IV pole



Infusion pump



Suction machine



Wall oxygen outlet

BOX 11-2 OBRA REQUIREMENTS FOR RESIDENT ROOMS

- Designed for 1 to 4 residents
- Direct access to an exit corridor
- Full visual privacy (privacy curtain that extends around the bed, movable screens, door)
- At least one window to the outside
- Individual closet space with racks and shelves
- Toilet facilities in the room or nearby (includes bathing facilities)
- Call system in the room and in toilet/bathing facilities
- Bed of proper height and size
- Clean, comfortable mattress with bedding appropriate to the weather and climate
- Furniture to accommodate clothing, personal items, and a chair for visitors
- Clean, and orderly room
- Odor-free room
- Room temperature between 71° and 81° F
- Acceptable noise level
- Adequate ventilation and room humidity
- Appropriate lighting
- No glares from floors, windows, and lighting
- Clean orderly drawers, shelves, and personal items
- Pest-free room
- Handrails in needed areas
- Side rails only if needed
- Clean, dry floor; pathways free of clutter and furniture
- Bed in low position and locked
- Personal supplies and items labeled and stored appropriately
- Drawers free of unwrapped food
- Items within reach for use in bed or bathroom
- Space for wheelchair or walker use
- Elevated toilet seat
- Stool and skidproof tub or shower *

BED POSITIONS

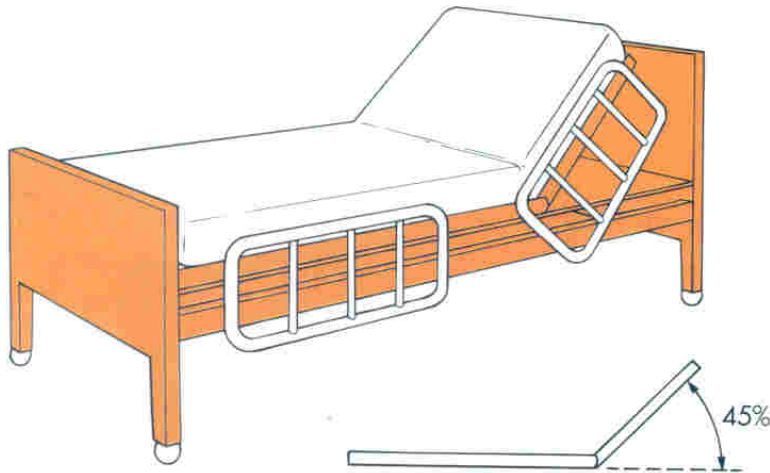


Fig. 11-5 *Fowler's position.*

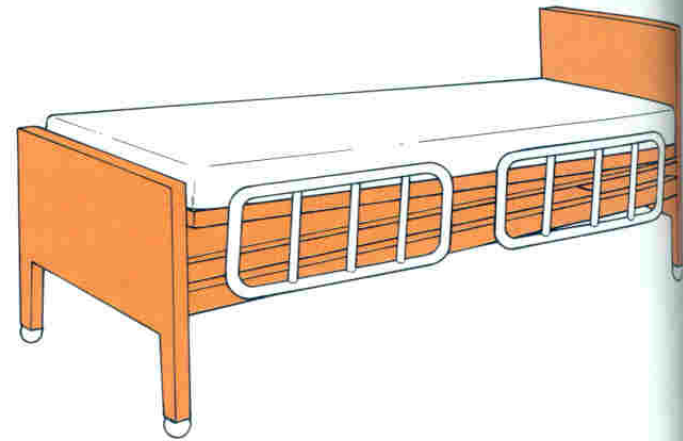


Fig. 11-7 *Trendelenburg's position.*

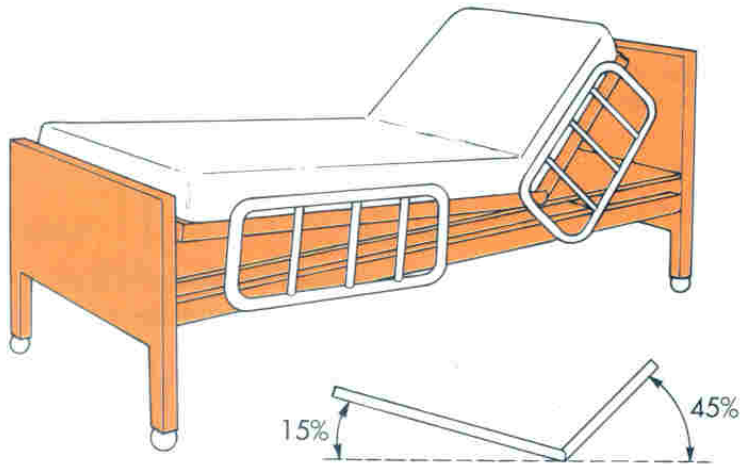


Fig. 11-6 *Semi-Fowler's position.*

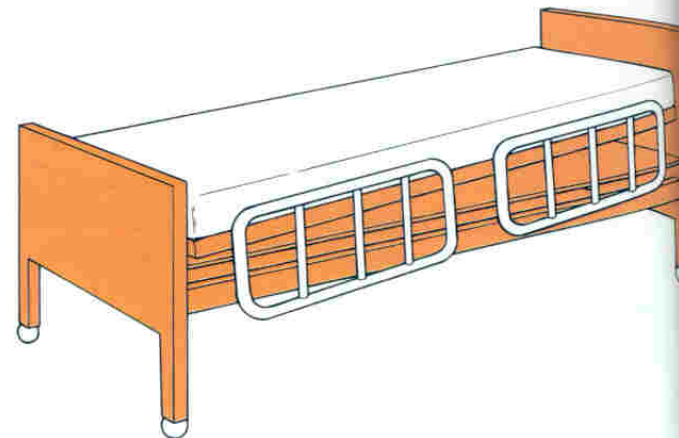
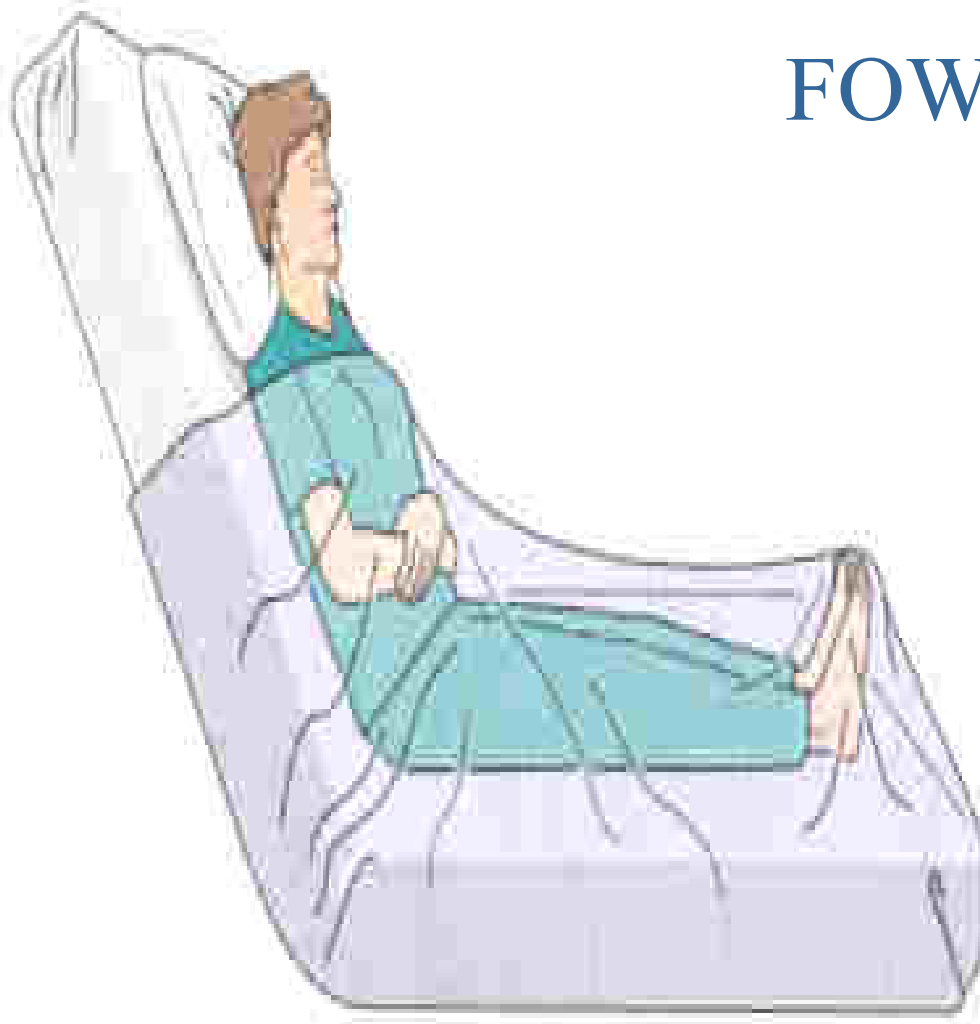


Fig. 11-8 *Reverse Trendelenburg's position.*

FOWLER'S POSITION



THE HEAD OF THE BED IS RAISED 45 TO 60 DEGREES TO A SEMI-SITTING POSITION.

EATING, WATCHING TELEVISION, VISITING, AND READING ARE EASIER IN FOWLER'S POSITION.

SEMI-FOWLER'S POSITION

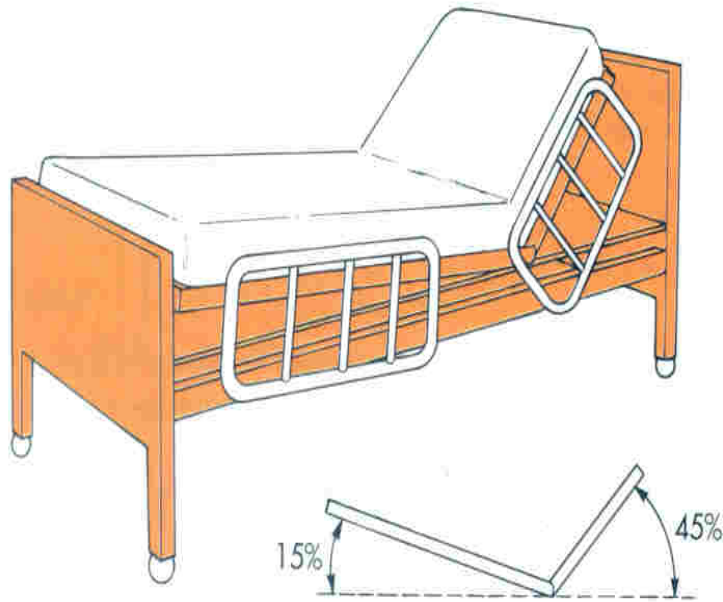


Fig. 11-6 Semi-Fowler's position.

THE HEAD OF THE BED IS RAISED 45 DEGREES AND THE KNEE PORTION IS RAISED 15 DEGREES.

HELPS PREVENT THE PERSON FROM SLIDING DOWN IN BED.

TRENDELENBERG POSITION



THE HEAD IS LOWERED
AND THE FEET ARE
RAISED.

A DOCTOR'S ORDER IS
NEEDED TO PLACE
SOMEONE IN THIS
POSITION.

REVERSE TRENDELENBURG POSITION

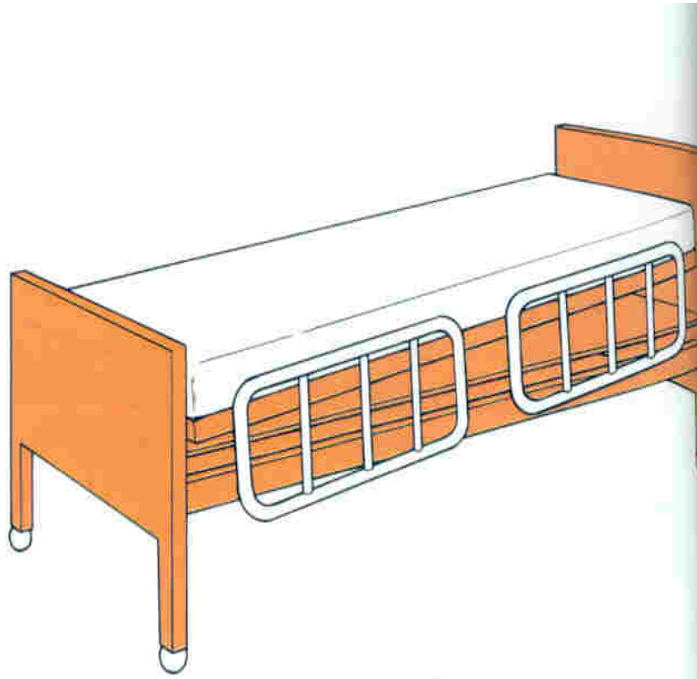


Fig. 11-8 Reverse Trendelenburg's position.

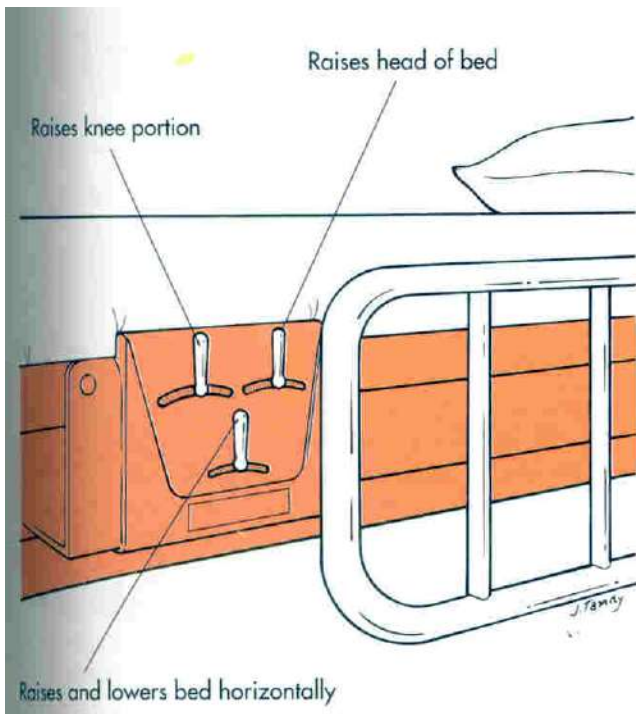
THE HEAD OF THE BED IS RAISED AND THE FEET ARE LOWERED.

A DOCTOR'S ORDER IS NEEDED FOR THIS POSITION.

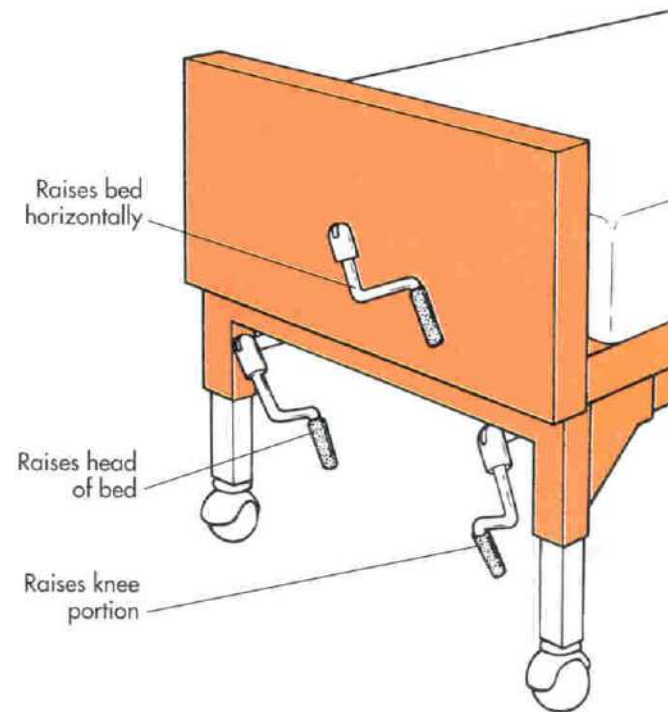
A CLEAN NEAT BED HELPS

- ✓ LINEN IS CHANGED DAILY IN A HOSPITAL
- ✓ LINEN IS CHANGED ON THE RESIDENT'S BATH DAY IN A NURSING FACILITY
- ✓ THE BED IS USUALLY MADE IN THE MORNING
- ✓ LINENS ARE STRAIGHTENED DURING THE DAY IF THEY BECOME LOOSE OR WRINKLED
- ✓ CHANGE THE LINENS WHENEVER THEY BECOME WET OR SOILED
- ✓ CHECK LINEN FOR DENTURES OR OTHER ITEMS

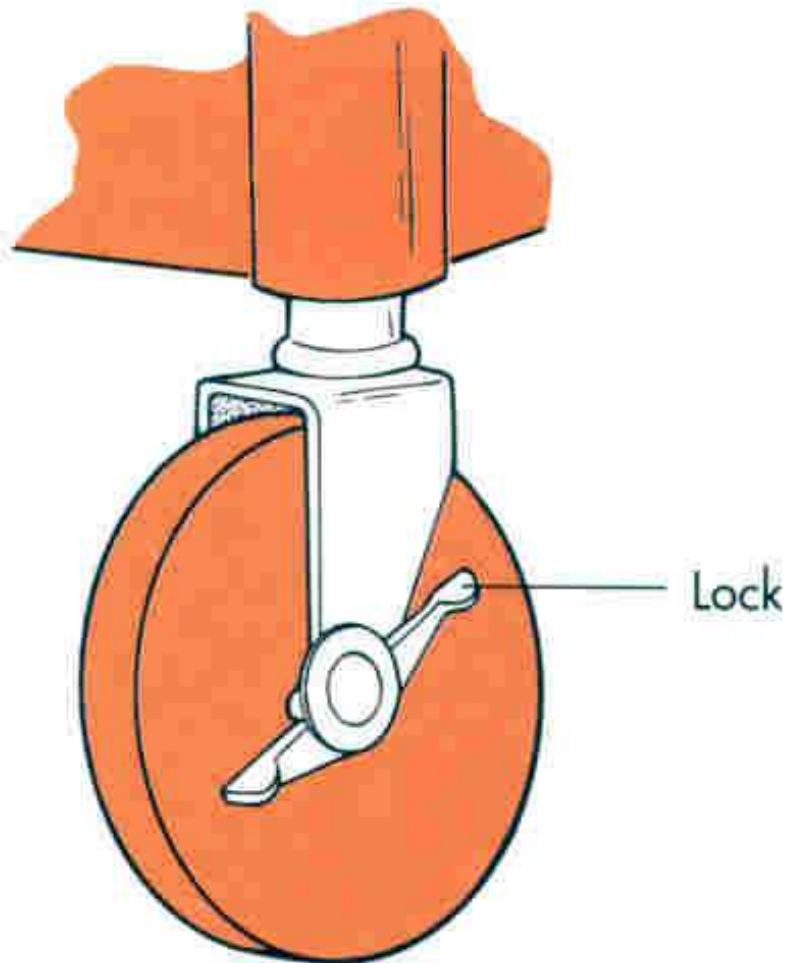
TYPES OF BEDS



ELECTRIC BED



MANUAL BED



MAKE SURE THE
WHEELS ON THE BED
ARE LOCKED BEFORE
YOU BEGIN TO MAKE
THE BED.

Fig. 11-9 *Lock on bed wheel.*

CLOSED BED



A CLOSED BED IS NOT BEING USED. TOP LINENS ARE NOT FOLDED BACK , AND THE BED IS READY FOR A NEW PERSON. ALSO USED WHEN THE PERSON IS UP FOR THE DAY.

OPEN BED



AN OPEN BED IS A BED THAT IS BEING USED. TOP LINENS ARE FOLDED BACK SO THE PERSON CAN GET INTO BED.

AN OCCUPIED BED



AN OCCUPIED BED IS MADE WITH THE PERSON IN IT.

EXPLAIN EACH PROCEDURE TO THE PERSON BEFORE IT IS DONE.

KEEP THE PERSON IN GOOD ALIGNMENT.

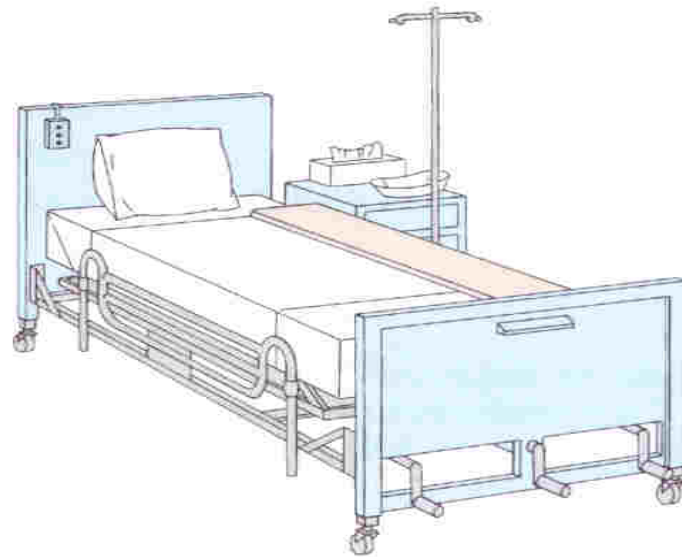
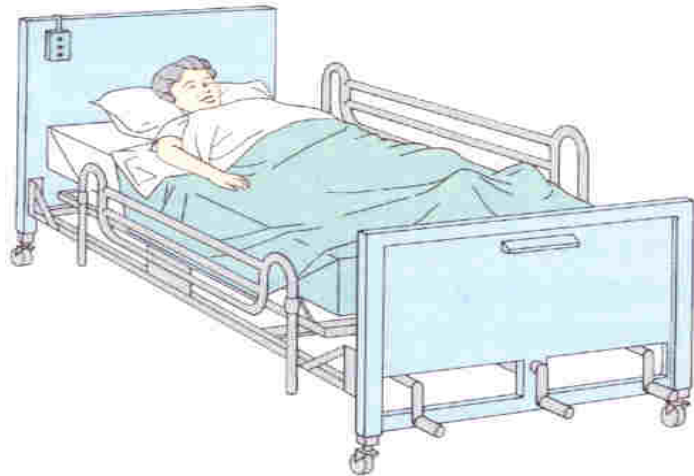
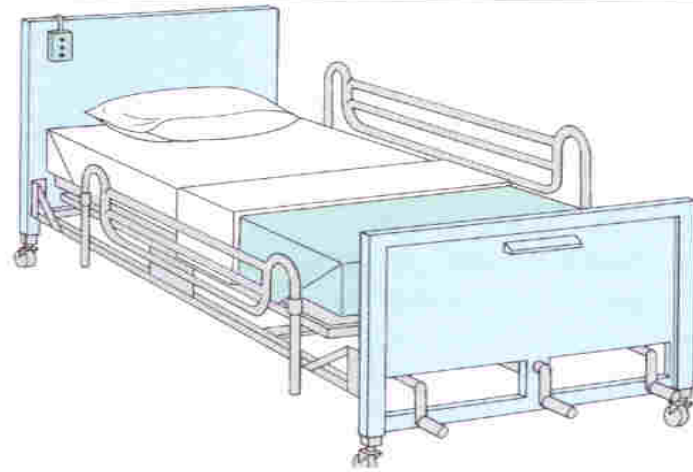
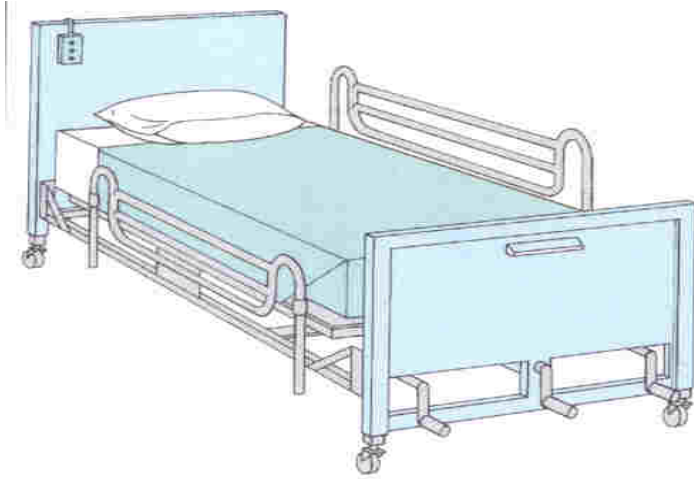
KEEP THE FAR RAILS UP.

A SURGICAL BED

SURGICAL BEDS ARE MADE FOR:

- ✓ PATIENTS WHO ARRIVE BY STRETCHER
- ✓ PATIENTS WHO ARE TAKEN TO THERAPY OR TREATMENT AREAS BY STRETCHER
- ✓ PATIENTS HAVING SURGERY

OVERVIEW



RULES FOR BEDMAKING

- ✓ USE GOOD BODY MECHANICS AT ALL TIMES
- ✓ FOLLOW STANDARD PRECAUTIONS
- ✓ ALWAYS WASH YOUR HANDS BEFORE HANDLING CLEAN LINEN AND AFTER HANDLING DIRTY LINEN
- ✓ BRING ENOUGH LINEN INTO THE PERSON'S ROOM
- ✓ ALWAYS KEEP CLEAN LINEN COVERED



- ✓ NEVER SHAKE LINENS.
- ✓ DO NOT TAKE LINEN FROM ONE PERSON'S ROOM TO USE ON ANOTHER PERSON.
- ✓ HOLD LINENS AWAY FROM YOUR UNIFORM
- ✓ NEVER PUT DIRTY LINENS ON THE FLOOR OR ON TOP OF CLEAN LINEN!!!
- ✓ ROLL DIRTY LINEN AWAY FROM YOUR BODY WHEN REMOVING IT FROM THE BED.



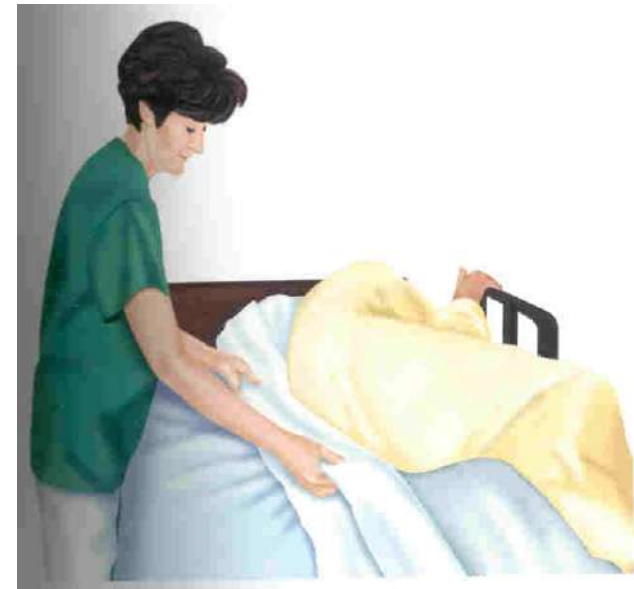
✓ THE BOTTOM LINENS MUST BE TIGHTLY TUCKED WITHOUT WRINKLES.

✓ A COTTON DRAWSHEET MUST COMPLETELY COVER THE PLASTIC DRAWSHEET

✓ STRAIGHTEN AND TIGHTEN LOOSE LINEN WHENEVER NECESSARY

✓ MAKE ONE SIDE OF THE BED COMPLETELY BEFORE GOING TO THE OTHER SIDE

✓ THE LARGE HEM GOES TO THE TOP OF THE BED



COLLECT LINEN IN THE FOLLOWING ORDER

MATTRESS PAD
BOTTOM SHEET
DRAWSHEET
TOP SHEET
BLANKET
BEDSPREAD
PILLOWCASE

ONCE YOU HAVE
COLLECTED THE
LINEN, TURN THE
STACK OVER ONTO
THE OTHER HAND



MITERED CORNER

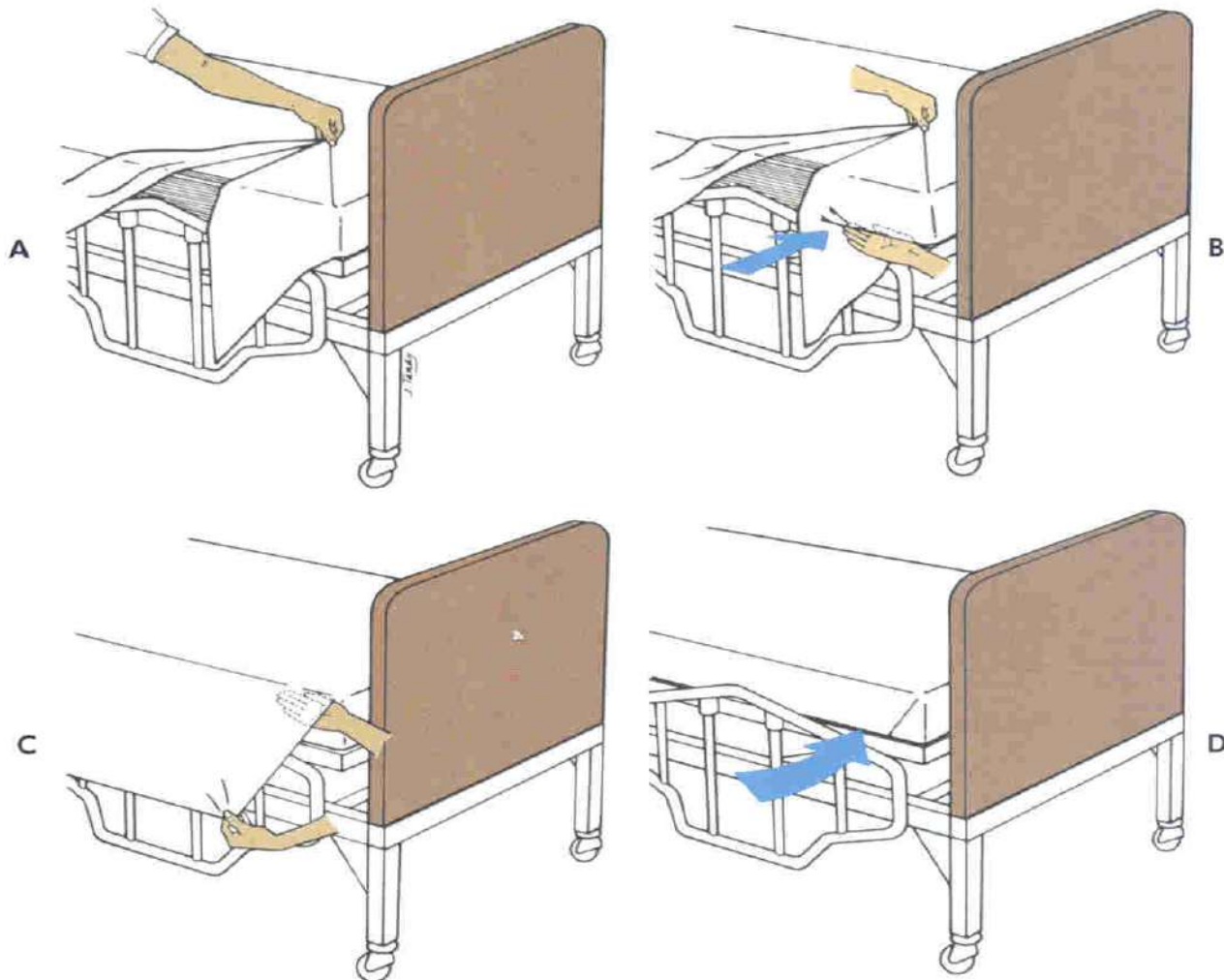
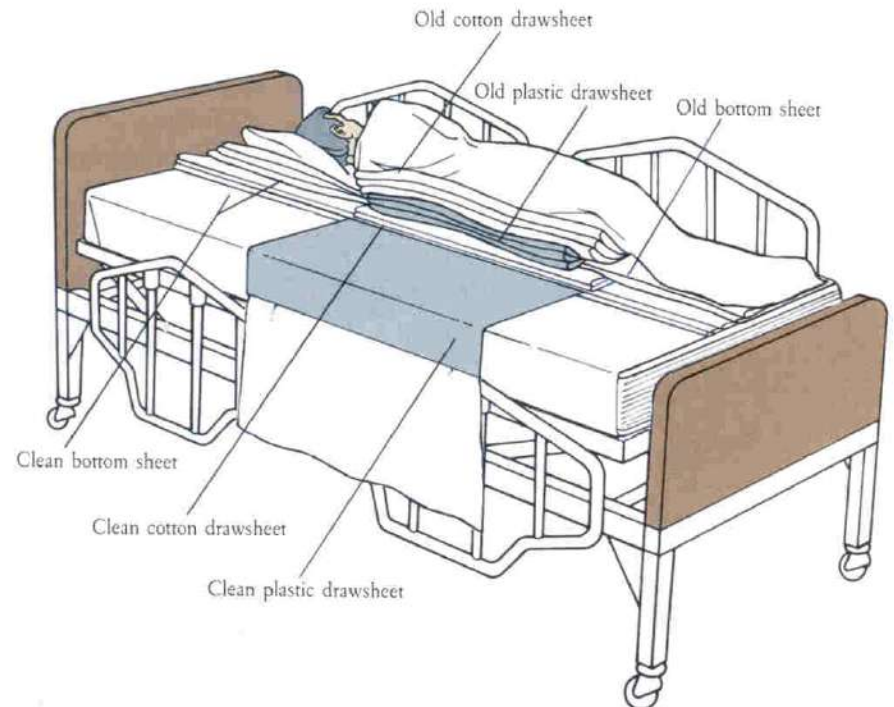
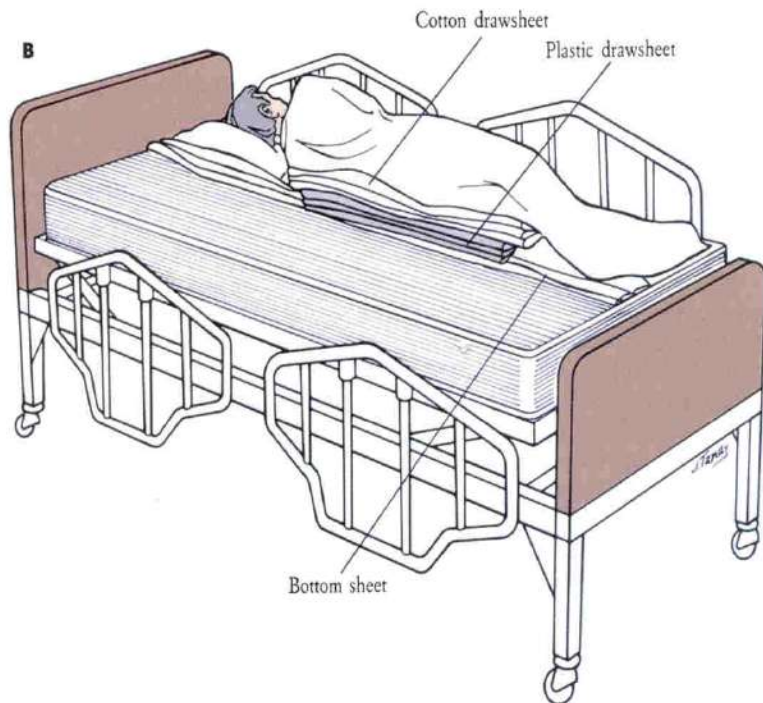
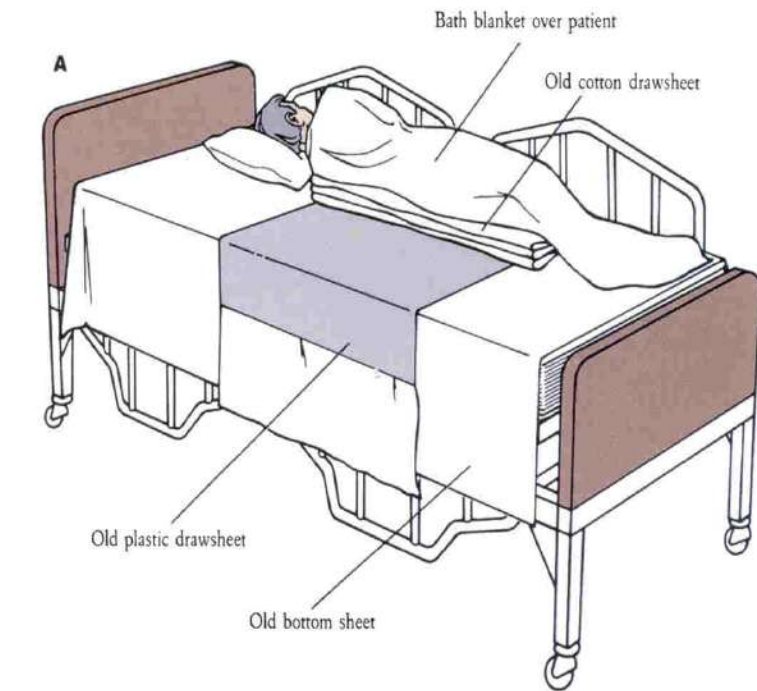


Fig. 12-10 Making a mitered corner. **A**, Bottom sheet is tucked under the mattress and the side of the sheet is raised onto the mattress. **B**, The remaining portion of the sheet is tucked under the mattress. **C**, The raised portion of the sheet is brought off the mattress. **D**, The entire side of the sheet is tucked under the mattress.

PLACEMENT OF LINEN DURING AN OCCUPIED BED LINEN CHANGE



CHANGING THE PILLOWCASE



A. Grasp the pillowcase at the center of the seamed end with one hand.



B. Turn the pillowcase back over that hand with your other hand.



C. Grasp the pillow at the center of one end with the hand that is holding the pillowcase.



D. Pull the pillowcase down over the pillow with your free hand.



E. Straighten the pillowcase by lining up the seams of the pillowcase with the edges of the pillow.

THINGS TO REMEMBER

UNOCCUPIED BED

- ✓ RAISE THE BED TO A COMFORTABLE WORKING HEIGHT
- ✓ WASH YOUR HANDS BEFORE AND AFTER EVERY PATIENT CONTACT
- ✓ GATHER ALL THE EQUIPMENT NEEDED
- ✓ ROLL THE SOILED LINEN AWAY FROM YOUR BODY
- ✓ PLACE THE SOILED LINEN IN THE LINEN BAG OR LINEN HAMPER. *NEVER ON THE FLOOR!!!!*

✓ RETURN THE BED TO THE LOWEST HORIZONTAL POSITION WHEN YOU ARE FINISHED

✓ TO MAKE A CLOSED BED INTO AN OPEN BED, FANFOLD THE SHEETS TO THE FOOT OF THE BED

✓ THE SMOOTH SIDE OF THE HEM FACES THE PATIENT



THINGS TO REMEMBER

- ✓ EXPLAIN THE PROCEDURE TO THE PATIENT BEFORE BEGINNING
- ✓ PROTECT THE PATIENT'S PRIVACY
- ✓ COVER THE PATIENT WITH A BATH BLANKET

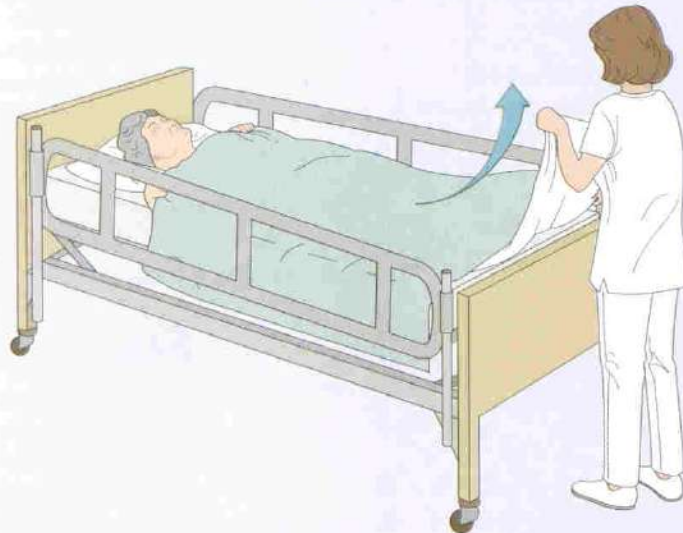


FIGURE 18-10

Slide the top sheet out from under the bath blanket without exposing the patient's body.

✓ MAKE SURE THE SIDERAIL IS UP ON THE SIDE YOU ARE NOT WORKING ON

✓ WHEN FINISHED MAKE A TOE PLEAT OVER THE PATIENT'S TOES TO PREVENT THE WEIGHT OF THE LINEN FROM PRESSING DOWN ON THE TOES



FACTORS AFFECTING SLEEP

- ✓ **ILLNESS – ILLNESS INCREASES THE NEED FOR SLEEP. NAUSEA, VOMITING, COUGHING, OR PAIN CAN INTERFERE WITH SLEEPING.**
- ✓ **NUTRITION – FOODS WITH CAFFEINE PREVENT SLEEP.**
- ✓ **EXERCISE – STIMULATES THE BODY. AVOID EXERCISING FOR 2 HOURS BEFORE BEDTIME.**
- ✓ **ENVIRONMENT – PEOPLE SLEEP BETTER IN A FAMILIAR ENVIRONMENT**
- ✓ **DRUGS AND OTHER SUBSTANCES – SLEEPING PILLS PROMOTE SLEEP. SOME MEDICATIONS MAY CAUSE SLEEP DIFFICULTIES.**
- ✓ **EMOTIONAL PROBLEMS – FEAR, WORRY, AND DEPRESSION AFFECT SLEEP.**

MEASURES TO PROMOTE SLEEP

- ✓ ORGANIZE CARE TO AVOID INTERRUPTIONS
- ✓ PROVIDE A BEDTIME SNACK
- ✓ HAVE THE PERSON URINATE BEFORE GOING TO BED
- ✓ FOLLOW BEDTIME ROUTINES
- ✓ PROVIDE FOR WARMTH
- ✓ REDUCE NOISE
- ✓ DARKEN THE ROOM
- ✓ POSITION THE PERSON COMFORTABLY
- ✓ MAKE SURE PATIENT AND LINENS ARE CLEAN AND DRY