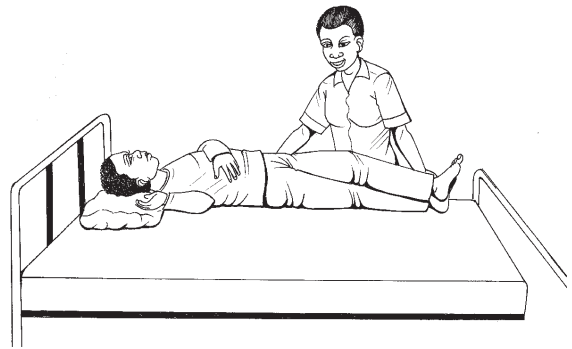


TURNING BED-BOUND CLIENT, CHANGING BED LINENS

Counselling Card

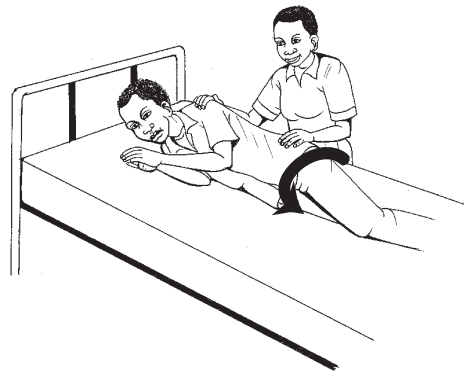
1

- Wash your hands and, if the linens are soiled, cover your hands with gloves/plastic sheet material.
- Bend the person's farthest arm next to his/her head and place the other arm across his/her chest.
- Cross his/her leg over the other leg.



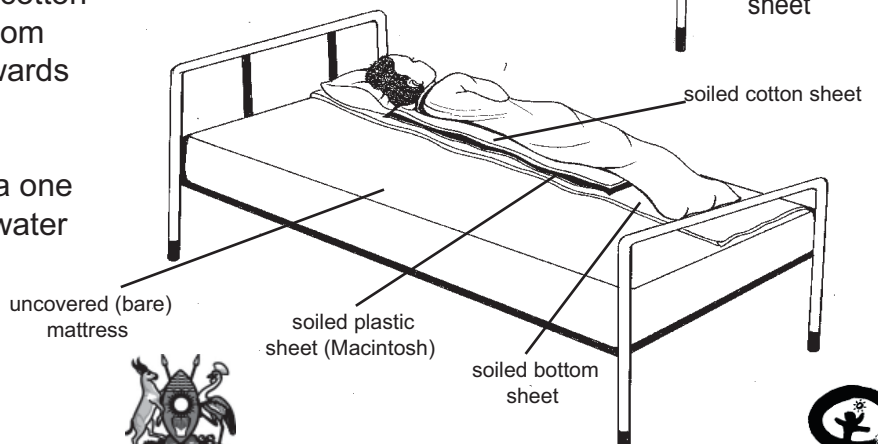
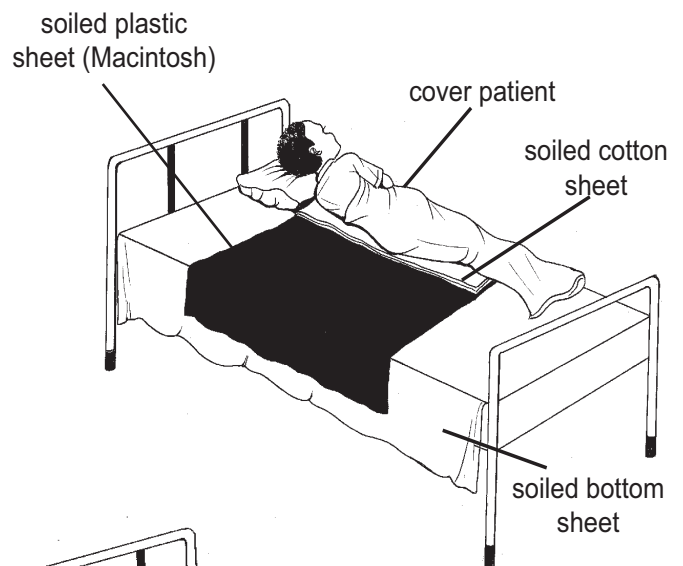
2

- Place one hand on the person's shoulder and the other on his/her hip.
- Turn the person away from you onto his/her side so that he/she is close to the side of the bed farthest away from you.



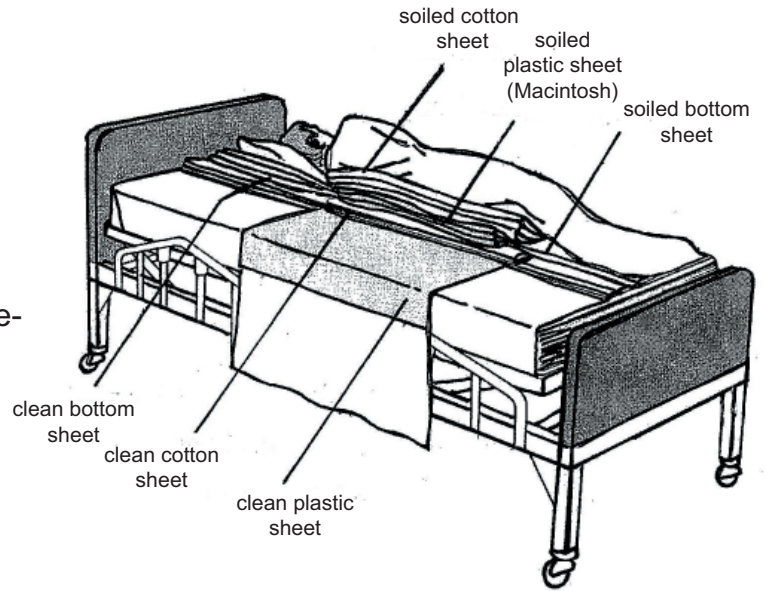
3

- On the side closest to you, loosen the bottom sheet/plastic sheet/cotton cloth.
- Fan fold bottom linens (cotton cloth, plastic sheet, bottom sheet) one at a time towards the person.
- Wipe any moisture on exposed mattress with a one part Jik and nine parts water mixture.



4

- Place clean bottom sheet on the exposed side of the bed by folding it lengthwise with center crease in middle of bed.
- Smooth the side nearest you and tuck the sheet under the mattress. Fanfold the top part towards the person.
- If a plastic sheet is used, repeat previous two steps with plastic sheet, placing it where the person's hips and thighs will lay.
- A plastic sheet must be completely covered with a cotton cloth. Place the the cotton cloth on top of the plastic sheet and repeat the same steps followed for the bottom and plastic sheets.



5

- Go to the other side of the bed and, repeating steps 1 and 2, position the person on the side of the bed away from you (so he/she is rolled onto the clean linens).
- One the side closest to you, loosen the soiled linens, if soiled, remove them one piece at a time by rolling or folding them away from you, with the side that touched the person inside the roll.
- If person is dirty, clean him/her, then wash gloves/plastic sheet covering hands with soap and water (or put on clean ones).



6

- Pull the clean bottom sheet, plastic sheet, and cotton cloth towards you and tuck in under mattress.

