

BED CHANGING WITHOUT PATIENT

The bed is changed as needed, on a certain day of the week, and after leaving or before the arrival of a new patient. If we change the bed for a new patient, we will wash and disinfect it before changing the bed.

Required material for changing the bed:

- mobile table on which we placed:
 - about the sheets
 - covers for the blanket
 - pillowcases
 - towels
 - gloves
 - basket for dirty laundry.

Clean bed linen and other laundry are neatly arranged on a mobile table.

Two sisters take part in changing the bed. The basket and the mobile table are on the right side of the bed, within easy reach. Under the foot of the bed, pull out a holder intended for storing bed linen, or place two chairs in front of the foot of the bed. Their backs are touching.

Procedure:

- align the blankets
- release the bedding from the footboard towards the headboard
- take off the pillowcases
- put the pillows on the holder or seat of the chair
- take the blanket out of the cover and place it over the back of the chairs
- take off the dirty bed linen (roll it into a roll from the base to the headboard, fold it into three equal parts and put it in the dirty laundry basket)
- wash your hands

- rearrange the mattresses
- spread the sheet
- spread the cover, tuck the blanket into the cover
- put on pillowcases
- put pillows at the head of the bed

Changing the bed begins with releasing the bed linen. The nurses release the bedding pressed between the lower side of the bed and the mattress, that is, tucked under the mattress. When the imprinted part of the bed sheet is released, both people grasp the base, the side edge of the sheet, with their hands and hold it taut. With the hand closer to the headboard, they pull out the side pressed edge of the sheet to the headboard of the bed. After the side edges of the sheet have been freed, the pillowcases are then removed from the pillow (the removed pillows are placed on the seat of the chair or the bed linen holder).

The pillowcases are folded and placed on the sheet near the headboard. Other soiled things are piled on the pillowcases: towel, nightgown, pyjamas. The bed is then freed of pillows and blankets. If the bedding is wet and/or contaminated with secretions or blood, it is necessary to wear gloves. The blanket is pulled out of the cover, and the cover is folded over the dirty laundry at the headboard.

At the foot of the bed, we grab the transverse edges of the sheet and twist them in the form of a roller. When we reach the headboard, we wrap the dirty laundry in the roller. Fold the roller into three equal parts and put it in the dirty laundry basket. We take off the gloves and put them in the container for the unclean. Let's wash our hands.

Mattresses should be rearranged every time the bed is made. It starts at the headboard: with crossed hands, both people take the corners of the mattress, turn it over and place it on the middle mattress. In this way, the head of the bed is freed from the mattress. Using the same procedure, turn the base mattress and place it in the freed place of the headboard. Then grab the opposite corner of the already turned mattress with the hand of the headboard and lift it vertically. The opposite corner of the unturned mattress is grasped with the hand of the base, turned and transferred to the freed place of the base. At the same time, the arm of the headboard lowers the mattress to the freed middle spot of the bed. The edges of the mattress

are pressed into each other for the comfort of the bed. If there is a one-piece mattress on the bed, it just falls over.

We take the sheet from the movable table and unfold it into four equal parts. (The sheets come from the laundromat folded so that the required shape is easily created by dissolving the edges). Place the unfolded sheet on the middle mattress so that both transverse edges face up and towards the headboard, and the fully folded edge of the sheet faces the right or left edge of the bed. Dragging the free upper transverse edge of the sheet to the base, we cover the base of the mattress with the sheet. Arrange the base of the sheet by tucking the transverse edge of the sheet under the mattress. We accept the edge of the sheet at the height of the transverse upper edge of the mattress and lift it vertically, whereby a triangle is created at the corner of the mattress. We tuck the lower part of the triangle under the mattress (semi-corner). We pull the free edge of the sheet towards the headboard and cover the entire bed. At the headboard, we tuck the sheet in the same way as at the footboard and also make a half-corner.

We take the cover for the blanket from the mobile table (turned inside out) and put it on the mattress base. The transverse open edges should face up and towards the base. Dragging the free upper transverse edge of the cover, we cover the headboard. Then both people put their hand in the cover (one left, the other right) to the edge through the opening on the cover, grab the edge of the blanket from the chair with the other hand (one left, the other right) and pull it into the cover. After that, we arrange the bed as open or closed as needed.

We insert the pillows into the pillowcases like this: we turn the pillowcase (inside out), put our hands in the corners, grab the pillow by two corners (only with one hand), and pull the pillowcase over the pillow with our free hand. We fasten the unsewn part of the pillowcase with ribbons, and place the covered pillow on the bed near the headboard.

We put a clean towel, towels, a nightgown or pajamas and a patient's robe on the changed bed.
After changing the bed, we take the mobile table and the basket with dirty laundry out of the patient's room. Let's wash our hands.

