

Procedure of Bed Making

Definition of terms:

- 1- **Bed Making:** The technique of preparing different types of bed making patients / clients comfortable in his/ her suitable position for a particular condition.
- 2- **Fanfold:** Specifically folding the edge of the sheet used in the bed 6-8 inches outward.
- 3- **Mitered corner:** a means of anchoring مثبت sheet on mattresses.
- 4- **Toe pleat:** a fold made in the top bed clothes to provide additional space for patients toes.
- 5- **Foot drop:** plantar flexion of the foot with permanent contracture of the gastronomies (calf) muscle and tendon.
- 6- **Bed cradle:** is a curved, semi- circular made of metal that can be placed over a portion of the patient's body.
- 7- **Hospital bed:** It's usually about 26-28 inches (65-70) cm above to floor.
 - The ideal hospital bed should be selected for its impact on patients comfort, safety, medical condition, and ability to change position.

Purpose of Bed Making:

- 1- To promote clients comfort.
- 2- To provide a clean environment for the clients.
- 3- To provide a smooth, wrinkle- free bed foundation, thus minimizing sources of skin irritation.
- 4- To conserve the clients energy and maintain current healthy status.
- 5- To prevent or avoid microorganisms to come in contact with the patient which could cause tribulations.

Common types of bed:

A- Occupied Bed: Is made when the patient is not able or not permitted to get out of the bed.

B- Unoccupied Bed: Is made when there is no patient confined in bed, while a patient in the shower or sitting up in a chair.

Types of unoccupied Bed:

- 1- **Open bed:** the top covers are folded back so the patient can easily get back in to bed.
- 2- **Closed bed:** the top sheet blankets and bedspreads are drawn up to the head of the mattress and under the pillow; this is prepared in a hospital room before a new client is admitted to the room.
- 3- **Post-operative bed:** known as recovery bed or anesthetic bed, and used for a patient with large cast or other circumstance that would make it difficult for him to transfer easily into bed.

Kinds of Linens

- A- **Blanket:** a large piece of clothe often soft, woolen and is used for warmth as a bed cover.
- B- **Top sheet:** used to cover the patient to provide warmth, made of thick cotton, thermal material.
- C- **Cotton draw sheet:** a piece of cloth that the rubber sheet and is used to absorb and moisture.
- D- **Bottom sheet:** used to cover the bed after mattress cover.
- E- **Rubber sheet:** used to protect the bottom sheet from soothing due to patient secretions and prevent the patients from getting bed sore. It's usually placed over the center of the bottom sheet.

Guidelines in Bed Making	Rational
1- Wash hand thoroughly before and after handling clients bed linen	- helps to control nosocomial infection
2- Hold soiled linens a way from the body.	- To avoid contact with nurses clothes and to avoid spreading micro-organism.
3- Linen for one client is never placed on another client's bed.	- to avoid transporting micro-organism from patient to patient
4- Soiled linens is placed directly in a portable linen hamper or tucked in to a pillow case at the end of the	- To limited the patient secretion and avoid contamination with other furniture.

bed before it is gathered up for disposal in the linen hamper or in linen chute. Pillowcase is then tied and labeled with: name, room number, communicable/non communicable.	
5- Soiled linen is never shaken in air.	- To avoid spreading microorganism
6- When stripping and making a bed, conserve time and energy by stripping and making up one side as completely as possible before working on the other side	- To avoid time and energy waste.
7- Gather all needed linen before starting to strip the bed.	- To keep time, energy, and quality of work.
8- Move any furniture away from the bed	- To provide ample working space.

Skills in Bed Making:

- **Stripping the Bed:** Removal of used linen and the airing of the mattress.

Procedure:

- 1- Place chair at the foot of the bed.
- 2- Locked the bed.
- 3- Remove pillow case from pillow. Place pillow on chair.
- 4- Loosen all bed linens starting at center of head of bed, raising the mattress with one hand and draw out bed clothes with other.
- 5- Remove sheet separately. Fold each linen with soiled part inside. Wrap them all in a sheet and place on lower bar of the bed.
- 6- Roll rubber sheet and place on chair.
- 7- Remove mattress cover.

1- Unoccupied Bed:

A- Closed Bed:

Equipments: a- Mattress cover b- bottom sheet, c- Rubber sheet, d- cotton draw sheet.

e- Top sheet, f- pillow cases (2), g- Blanket, H- Bed spread.

Procedure:

- 1- Wash your hands thoroughly, done gloves
- 2- Bring clean linen to patients bedside
- 3- Move any furniture away from the bed to provide ample working space.
- 4- Locked the bed.
- 5- Lower the head of the bed to make the mattress level and ensure tight-fitting, wrinkle- free linens, and then raise the bed to a comfortable working height to prevent back strain.
- 6- When stripping the bed, watch for the patient's eye glasses, dentures, or other belongings that may have fallen among the linens.
- 7- Remove the pillowcase and place it in the laundry bag or use the pillowcase, hooked over the back of a chair, as a laundry bag. Set the pillow aside.
- 8- Lift the mattress edge slightly and work around the bed, un tucking the linens. If you plan to reuse the top linens, fold the top hem of the spread down to the bottom hem. Then pick up the hemmed corners, fold the spread into quarters, and hang it over the back of the chair. Do the same for the top sheet.
- 9- Remove the soiled bottom linens, and place them in the laundry bag.
- 10-If the mattress has slid downward, push it to the head of the bed; adjusting it after bed making loosens the linens.
- 11-Place the bottom sheet with its center fold in the middle of the mattress. For a fitted sheet, secure the top and bottom corner over the mattress corner on the side of the bed nearest you. For a flat sheet, align the end of the sheet with the foot of the mattress, and miter the top corner to keep the sheet firmly tucked under the mattress.
- 12-To miter the corner, the first tuck the top end of the sheet evenly under the mattress at the head of the sheet the side edge of the sheet a bout 30 cm from the mattress corner and hold it at a right angle to the mattress. Tuck in the bottom edge of the sheet hanging the mattress. Finally, drop the top edge and tuck it under the mattress.

How to make a mitered corner:



1-Laying a triangular fold of Sheet on the bed.



2- Tucking the end of the sheet Under the mattress



3- Pulling the triangular fold over the side the mattress

- 13-After tucking under one side of the bottom sheet, place the rubber sheet and then draw sheet (if needed) about 38 cm from the top of the bed, with its center fold in the middle of the bed. Then tuck in the entire edge of the draw sheet on the side of the bed nearest you.
- 14-Place the top sheet with its corner fold in the middle of the bed and its wide hem even with the top of the bed. Allow enough sheet at the top of the bed to form a cuff over the spread
- 15-Place the spread over the top sheet, with its center fold in the middle of the bed.
- 16-Make a 7.6 cm to pleat, or vertical tuck, in the top linens to allow room for the patient's feet and to prevent pressure that can cause discomfort, skin breakdown, and foot drop.
- 17-Tuck the top sheet and spread under the foot of the mattress. Then miter the bottom corners.
- 18-Move to the opposite side of the bed and repeat the procedure.
- 19-After fitting all corners of the bottom sheet or tucking them head the mattress, pull the sheet at an angle from head toward the foot of the bed. This tightens the linens, making the bottom sheet taut and wrinkle-free and promotion patient comfort.
- 20- Fold the top sheet over the spread at the head of the bed to form a cuff and to give the bed a finished appearance, when making an open bed, if a linen-saver pad is needed, place it on top of the bottom sheets.
- 21-Slip the pillow in to a clean case, tucking its corners well into the case to ensure a smooth fit. Then place the pillow with its seam toward the top of the bed to prevent it from rubbing against the patient's neck, causing irritation, and its open edge facing away from the door to give the bed a finished appearance.
- 22-Lower the bed and lock its wheels to ensure patient safety.
- 23-Return furniture to its proper place, and place the call button within the patients easy reach. Carry soiled linens from the room is outstretched arms to avoid contaminating your uniform.
- 24-After disposing of the linens, remove gloves if used and wash your hands thoroughly to prevent the spread of microorganisms.

B- Open Bed: Preparing the bed with new bed linens ready for newly admitted patients

Procedure

- 1- Refold each sheet according to its system of use.
- 2- Place clean linens on chair in order of use. See to it that the bed is flat.
- 3- Cover mattress.
- 4- Place bottom sheet with center fold in center in line with rim of mattress at foot part, spread across bed. Make mitered corner of head part, tuck extra sheet at side from head of foot.
- 5- Put rubber sheet 12-15 inches from the head of mattress. Cover with draw sheet. Spread a cross bed. Tuck together extra length.
- 6- Place top sheet in line with mattress at head part and spread a cross bed. Tuck extra length of sheet at foot part, mitered corner; allow hanging free at sides.
- 7- Go to opposite side and repeat same procedure.
- 8- Grasp one corner of top sheet, fanfold at foot part or diagonally to one side.

C- Post operative or a surgical bed

Preparation of a surgical bed permits easy patient transfer from surgery and promotes cleanliness and comfort.

- Equipment:**
- a- Linen for occupied bed
 - b- Emesis basin
 - d- Blanket
 - f- Wash cloth
 - g- Sphygmomanometer and stethoscope.

To make such a bed takes the following steps:

- 1- Assemble linens as you would for making an unoccupied bed, including two clean sheets (one fitted, if available), a draw sheet, a bath blanket, a spread or sheet, a pillowcase, facial tissues, and linen-saver pads.
- 2- Raise the bed to a comfortable working height to prevent back strain.
- 3- Slip the pillow into a clean pillowcase and place it on a nearby table or chair.
- 4- Make the foundation of the bed using the bottom sheet and draw sheet.
- 5- Place an open bath blanket about (38 cm) from the head of the bed with its center fold positioned in the middle of the bed. The blanket warms the patient and counteracts the decreased body temperature caused by anesthesia.

6- Place a top sheet or spread on the bath, and position it as you did the blanket.

Then fold the blanket and sheet back from the top, so that the blanket shows over the sheet. Similarly, fold the sheet and blanket up from the bottom, as shown below.

7- on the side of the bed where you'll receive the patient (usually nearest the door), fold up the two outer corners of the sheet and blanket so they meet in the middle of the bed, as shown at the top of the next column.

8- pick up the point hanging over this side of the bed , and fanfold the linens back to the opposite side of the bed so the linens wont' interfere with patient transfer from the stretcher to the bed.

9- Raise the bed to the high position if you haven't already. Then lock the wheels and lower the side rails are sure the side rails work properly. Move the bedside stand and other objects out of the stretcher's path to facilitate easy transfer when the patient arrives.

10- After the patient is transferred to the bed, position the pillow for this comfort and safety cover him by pulling the top point of the sheet and blanket over him and opening the folds after covering the patient, tuck in the linens at the foot of the bed and miter the corners. Bottom sheet helps to absorb moisture and prevent dislodgement of the bottom sheet.

2- Occupied Bed:

Equipments: - (2) Sheet, pillowcase, one or two draw sheets, spread, one or two blankets, and laundry bag).

Procedure:

- 1- Wash your hands, done gloves, bring clean linen to the patients room
- 2- Identify the patient and tell him you will be changing his bed linens. Explain how he can help if he is able, adjusting the plan according to his abilities and needs. Provide privacy.
- 3- Move any furniture away from the bed.
- 4- Raise the side rail on the side of the bed prevent fall. Adjust the bed to a comfortable working height to prevent back strain.
- 5- If the patient's condition permits, lower the head of the bed to ensure tight-fitting, wrinkle- free linens.

- 6- Cover the patient with a bath blanket to avoid exposure and provide warmth and privacy. Then fanfold the top sheet and spread from beneath the bath blanket, and bring them back over the blanket. Loosen the top linens at the foot of the bed and remove them separately. If you plan reuse the top linens, fold each piece neatly and hang it over the back of the chair.
- 7- If the mattress slides down when the head of the bed is raised, pull it up toward the head of the bed. If the patient is able, ask him to grasp the head of the bed and pull with you; otherwise, ask a co-worker to help you.
- 8- Roll the patient to the far side of the bed, and position the pillow lengthwise under his head to support his neck. Ask the patient to help (if he is able) by grasping the far side rail as he turns so that he is positioned at the far side of the bed.
- 9- Loosen the soiled bottom linens on the side of the bed nearest you. Then roll the linens toward the patient's back in the middle of the bed.
- 10-Place a clean bottom sheet on the bed, with its center fold in the middle of the mattress.
- 11-Fanfold the remaining clean bottom sheet toward the patient, and place the draw sheet, if needed, about 38 cm from the top of the bed, with its center fold in the middle of the mattress. Tuck in the entire edge of the draw sheet on the side nearest you. Fanfold the remaining draw sheet toward the patient.
- 12-Raise the other side rail, and roll the patient over the soiled and fan folded linen to the clean side of the bed. Ask the patient to help by grasping the rail.
- 13-Move to the unfinished side of the bed and lower the side rail nearest you. Then loosen and remove the soiled bottom linens separately and place them in the laundry bag.
- 14-Pull the clean bottom sheet taut. Secure a fitted sheet over the mattress corners or place the end of a flat sheet even with the foot of the bed, and miter the top corner. Pull the draw sheet taut and tuck it tightly under the mattress. Unfold and smooth the linen-saver pad, if used.
- 15-Assist the patient to the supine position if his condition permits.
- 16-Remove the soiled pillowcase, and place it in the laundry bag. Then slip the pillow into a clean pillowcase, place the pillow beneath the patient's head.

- 17- Un fold the clean top sheet over the patient with the rough side of the hem facing away from the bed to avoid irritating the patient's skin. Allow enough sheets at the top of the bed to form a cuff over the spread.
- 18- Remove the bath blanket from beneath the sheet, and center the spread over the top sheet.
- 19- Make 7.6 cm toe pleat, or vertical tuck, in the top linens to allow room for the patient's feet and prevent pressure that can cause discomfort, skin breakdown, and foot drop.
- 20- Tuck the top sheet and spread under the foot of the bed, and miter the bottom center. Fold the top sheet over the spread to give the bed a finished appearance.
- 21- Raise the head of the bed to a comfortable position for the patient, make sure both side rails are raised, and then lower the bed and lock its wheels to ensure the patient's safety. Assess the patient's body alignment and his mental and emotional status.
- 22- Return furniture to its proper place, and place the call button within the patient's easy reach. Remove the laundry bag from the room. Remove and discard gloves.

Documentation

Although linen changes aren't usually documented, record their dates and times in your notes with incontinence, excessive wound drainage, or diaphoresis.

References:

- 1- Arnow, D., Blauer, R., Blue, B., et al. : Nursing Procedures, second edition, Springhouse Corporation, United States, 1993, PP:74-78.
- 2- Harkreader, H.: Fundamentals of Nursing- Caring and Clinical Judgment, 8th edition, W.B. Saunders Company, 2000, PP:950-996.
- 3- Victor, B., Amor, C., Ai, J., et al.: Bed Making, Health Center Journal, Vol:1, 2007, 20-30.