

Bed making

a. Making an Un-occupied Bed

Definition:

A bed prepared to receive a new patient is an un-occupied bed.



Fig.1. Un-occupied bed

Purpose

1. To provide clean and comfortable bed for the patient
2. To reduce the risk of infection by maintaining a clean environment
3. To prevent bed sores by ensuring there are no wrinkles to cause pressure points

Equipment required:

1. Mattress (1)
2. Bed sheets(2): Bottom sheet (1)
Top sheet (1)
3. Pillow (1)
4. Pillow cover (1)
5. Mackintosh (1)
6. Draw sheet (1)
7. Blanket (1)
8. Savlon water or Dettol water in basin
9. Sponge cloth (4): to wipe with solution (1)
to dry (1)
* When bed make is done by two nurses,
sponge cloth is needed two each.
10. Kidney tray or paper bag (1)
11. Laundry bag or Bucket (1)
12. Trolley(1)



Fig. 2. Equipment required on a trolley

Procedure: by one nurse

Care Action	Rationale
1. Explain the purpose and procedure to the client.	• Providing information fosters cooperation.
2. Perform hand hygiene.	• To prevent the spread of infection.
3. Prepare all required equipments and bring the articles to the bedside.	• Organization facilitates accurate skill performance
4. Move the chair and bed side locker	• It makes space for bed making and helps effective action.
5. Clean Bed-side locker: Wipe with wet and dry.	• To maintain the cleanliness
6. Clean the mattress: 1) Stand in right side. 2) Start wet wiping from top to center and from center to bottom in right side of mattress. 3) Gather the dust and debris to the bottom. 4) Collect them into kidney tray. 5) Give dry wiping as same as procedure 2). 6) Move to left side. 7) Wipe with wet and dry the left side.	• To prevent the spread of infection
7. Move to right side. Bottom sheet: 1) Place and slide the bottom sheet upward over the top of the bed leaving the bottom edge of the sheet. 2) Open it lengthwise with the center fold along the bed center. 3) Fold back the upper layer of the sheet toward the opposite side of the bed. 4) Tuck the bottom sheet securely under the head of the mattress(approximately 20-30cm). (Fig.3) Make a mitered corner. ①Pick up the selvage edge with your hand nearest the head of the bed. ②Lay a triangle over the side of the bed (Fig.4) ③Tuck the hanging part of the sheet under the mattress.(Fig. 5) ④Drop the triangle over the side of the bed. (Fig. 6a→ 6b) ⑤Tuck the sheet under the entire side of bed.(Fig. 7) 5) Repeat the same procedure at the end of the corner of the bed 6) Tuck the remainder in along the side	<ul style="list-style-type: none"> •Unfolding the sheet in this manner allows you to make the bed on one side. •A mitered corner has a neat appearance and keeps the sheet securely under the mattress. • Tucking the bottom sheet will be done by turn, the corner of top firstly and the corner of the bottom later. • To secure the bottom sheet on one side of the bed.
8. Mackintosh and draw sheet: 1) Place a mackintosh at the middle of the bed (if used), folded half, with the fold in the center of the bed. used), folded half, with the fold in the center of the bed. 2) Lift the right half and spread it forward the near Side.	• Mackintosh and draw sheet are additional protection for the bed and serves as a lifting or turning sheet for an immobile client.