

# HOW TO CHANGE BED SHEETS ON AN OCCUPIED BED



Changing the bed sheets of a bedridden senior is a task that becomes easier with time and practice. You may need an assistant until you are confident enough to complete the procedure yourself. Follow these steps to successfully change bed sheets without moving the aged occupant.

## WHAT YOU'LL NEED

- Laundry bag or basket
- Clean top and bottom sheet
- Clean pillow cover
- Gloves

## BEFORE

- Remove any clutter around the bed.
- Make sure the bed wheels are locked.
- If adjustable make the bed flat and waist height.
- Unfold and spread the clean sheet over a chair or table nearby.

## STEP 1 – REMOVE BLANKET AND TOP SHEET

- Before you begin, explain to the bedridden person how you plan to change the sheets.
- Gently remove the blankets and any top sheet from the bed, and place them on a chair with the clean sheets if they will be used again. Otherwise, put them in a basket for washing.

## STEP 2 – SPREAD CLEAN SHEET ON ONE SIDE

- Gently roll the occupant to the side away from you.
- Loosen the bottom sheet from all sides of the bed where it's tucked under the mattress.
- Roll it lengthwise towards the middle of the bed, and then as close to the body of the occupant as you can. Make sure the soiled sheet does not touch the occupant but is just next to him.

## STEP 3 – ROLL THE ELDERLY TO CLEAN SIDE OF BED

- Spread and tuck a clean sheet lengthwise on the side of the bed you just cleared and move it next to the soiled sheet and the elderly.
- Be carefully not to let the clean and dirty sheets touch.
- Gently roll the elderly person over the soiled sheet and the mound of clean sheet, to get him onto the clean side of the bed.

## STEP 4 – REMOVE THE SOILED SHEET

- Move to the other side of the bed and pull the soiled sheet off.

- Toss it in the laundry basket or bag you have placed on the floor.
- Spread the clean sheet towards this side of the bed and tuck it under the mattress.
- Use your hands to remove any creases or folds on the sheet as you brush it with your hands.

#### STEP 5 – CHANGE THE PILLOW COVER

- Gently pull the pillow from under the occupant's head.
- You might want to place one hand under their head as you pull the pillow.
- Remove the old pillow cover and toss it with the other dirty linen.
- Place a clean pillow cover on the pillow and fluff it up a bit before placing it in the middle of the bed.
- Carefully assist the occupant back to the middle of the bed with the pillow either under their head or supporting their back. Make sure they are comfortable.

#### STEP 6 – PLACE BLANKET ON THE BED

- Place either the same blanket over the bed, or a fresh one, and tuck both the blanket and a clean top sheet under the mattress at the foot of the bed.

#### INSTRUCTIONAL VIDEOS

- How to: Change Sheets on Occupied Bed
  - [www.youtube.com/watch?v=s1NiJOmyaLI](http://www.youtube.com/watch?v=s1NiJOmyaLI)
- How to Make an Occupied Bed: For the CNA in training
  - [www.youtube.com/watch?v=RUj3opc-KEI](http://www.youtube.com/watch?v=RUj3opc-KEI)
- Simple Sheets: How to change sheets with patient in bed
  - [www.youtube.com/watch?v=UY8CCr\\_Ec6w](http://www.youtube.com/watch?v=UY8CCr_Ec6w)

#### OPTIONS:

- Simple Sheets \$51.00
  - [www.simple-sheets.com](http://www.simple-sheets.com)
- Draw Sheet
  - Fold any sheet in half.

# PLACEMENT OF LINEN DURING AN OCCUPIED BED LINEN CHANGE

