**Guided Lecture Notes, Chapter 19, Bedmaking**

Learning Objective 1. Describe how a properly made bed can increase a person’s comfort and well-being. (Refer to **PowerPoint slide 2**.)

* Briefly discuss how the proper use of linens can help prevent skin breakdown; for example, using lift sheets to move a person, using a bed protector or a mattress pad to pull moisture away from the person’s skin.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. List the different types of linens and their uses. (Refer to **PowerPoint slides 2 to 17**.)

* List the types of linens used to make a bed in health care facilities.
* Explain the use of a mattress pad and discuss the features and use of fitted, flat, and rubberized mattress pads.
* Explain the use of bottom and top sheets. Stress that the sheets need to be clean and wrinkle free at all times.
* Explain the use of a draw sheet to absorb moisture, especially when a rubberized mattress is in use. Discuss the possibility of using a rubberized draw sheet, and explain why it is always covered with a cotton draw sheet (to protect the person’s skin from contact with the rubber).
* Describe the use of a bed protector (sometimes called an incontinence pad) on the beds of incontinent people or people with draining wounds. Discuss situations that would require the use of a bed protector. Show examples of disposable and reusable bed protectors.
* Explain the use of woolen, cotton, and synthetic blankets. Discuss the precautions to be taken when using an electric or a woolen blanket.
* Explain how a bedspread adds a finishing touch to a well-made bed and can add a decorative and homey touch to a person’s room. Briefly describe how the use of a personal bedspread helps to foster a sense of independence and individuality in residents living in a long-term health care facility.
* Explain how pillows can be used for comfort and to aid in positioning.
* Discuss the use of a bath blanket and mention that is not made into the bed but is gathered along with the bed linens because linen changes and bed baths are usually done together.
* Discuss how thin foam pads were used in the past to help relieve pressure but now are used only for comfort. Today, a pressure-relieving mattress filled with water or air may be used to relieve pressure. Explain that these mattresses are easier to clean and more effective for relieving pressure than the thin foam pads used in the past.
* Explain how a bed cradle is used to keep the top linens from resting against the skin, and discuss situations in which a bed cradle would be necessary. Explain that people who are elderly or have compromised circulation to the feet can actually get sores on the tops of their toes from the weight of the top linens.
* Explain and demonstrate the use of a footboard.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. Demonstrate the proper way to handle and care for linens. (Refer to **PowerPoint slides 19 to 28**.)

* Demonstrate to students the proper way to collect linens from the linen cart in the order that they should be used.
* Demonstrate how to carry linens away from your uniform.
* Emphasize that clean linens should only be placed on a clean surface in the person’s room.
* Have students practice collecting linens from the linen cart.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 4. Explain the infection control measures that are used during bedmaking. (Refer to **PowerPoint slides 19 to 28**.)

* Discuss the guidelines for handling linens that promote good infection control practices and help promote efficiency and reduce waste.
* Have the students practice collecting dirty linens from the bed and properly handle them.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5. Demonstrate proper bedmaking techniques, including making a closed bed, opening a bed, preparing a surgical bed, and making an occupied bed. (Refer to **PowerPoint slides 30 to 44**.)

* Discuss why it is important to change the linens of a patient’s or resident’s bed not only routinely, on a daily basis, but also whenever they become soiled or wrinkled.
* Describe how using a mitered corner helps keep the sheets in place.
* Briefly explain when a closed bed is to be made. Be sure to explain the term *fanfolding* in this context.
* Explain the difference between a closed bed, an open bed, and a surgical bed. List the precautions to be taken when preparing an open and a surgical bed, such as locking the wheels because the bed is in a “ready” state to receive a patient or resident.
* Explain why it is important for a nursing assistant to explain the procedure and reassure the person throughout the process of making an occupied bed.
* Discuss with the students the guidelines for bedmaking.
* Discuss the importance of using good body mechanics, following safety guidelines, and using the body efficiently (e.g., making all of one side of the bed before moving to the other side vs. running back and forth from side to side) whenever making beds.
* Have learners refer to learning activities located at the end of the chapter.