

## Skill 16: Assist Resident with Bedpan

Place the steps in order from 1 to 26.

- Leave toilet paper within the resident's reach before leaving the resident to use the bedpan.
- Don gloves (first instance).
- Perform handwashing.
- Bring the bedpan to the resident and position it correctly, either by having the resident turn on their side or lift their hips.
- Position the bedpan to allow for collection.
- Gather supplies.
- Knock, greet the resident by name, and introduce yourself.
- Place a protective barrier over the bottom sheet, under the resident's buttocks, ensuring privacy throughout the procedure.
- Raise the HOB after positioning the resident on the bedpan, and lower the HOB before removing the bedpan.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Ask the resident to call when finished using the bedpan or if assistance is needed; leave the call light within reach before leaving.
- Doff gloves and wash hands before leaving the resident to use the bedpan.
- Provide privacy.
- Don gloves (second instance).
- Wear gloves when removing the bedpan and while emptying and cleaning the bedpan.
- Remove the bedpan and barrier.

- Empty contents of the bedpan into the toilet/commode, rinse the bedpan, pouring rinse water into the toilet/commode, and dry the bedpan.
- Complete the skill by storing the bedpan and toilet paper, placing soiled linens in the hamper, and disposing of trash.
- Offer the resident hand wipes to cleanse their hands after bedpan use and before the end of care.
- Provide safety measures throughout skill performance.
- Ask the resident about any comfort, preferences, and/or needs.
- Doff gloves.
- Reverse privacy measures.
- Verbalize handwashing.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".

### **Skill 17: Change Linen - Occupied Bed**

*Place the steps in order from 1 to 23.*

- Keep the resident positioned a safe distance from the edge of the bed at all times.
- Don gloves.
- Perform handwashing.
- Gather supplies and use a barrier on the overbed table.
- Loosen the soiled bottom sheet from the mattress, roll it away from you, and secure the clean bottom sheet to the mattress, tucking it under the soiled sheet.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Knock, greet the resident by name, and introduce yourself.

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- Turn the resident to the other side of the bed, remove the soiled sheet, and secure the clean sheet to the mattress, ensuring privacy throughout.
- Keep the resident positioned on a bottom sheet throughout the procedure and maintain privacy.
- Leave the bottom sheet free of any creases or wrinkles.
- Turn or position the resident to remove or replace sheet(s) without pulling sheets in a manner that creates friction and risks skin shearing.
- Replace the top sheet over the resident with a clean sheet.
- Tuck the top sheet under the foot of the mattress, leaving the sheet placed loosely to avoid pressure against toes and allow movement.
- Leave the top sheet placed on top of the resident to cover the body up to shoulder level, without tucking in along the sides.
- Keep the pillow positioned under the resident's head throughout and at the end of the procedure, except when removed briefly to replace the pillowcase.
- Avoid shaking linen throughout the procedure.
- Complete the skill, place soiled linen in the hamper, and dispose of trash.
- Provide privacy.
- Provide safety measures and Standard Precautions/Infection Control throughout skill performance, and dispose of the barrier.
- Ask the resident about any comfort, preferences, and/or needs.
- Doff gloves.
- Reverse privacy measures.
- Verbalize handwashing.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".

## Skill 18: Dress Resident with Weak Arm

Place the steps in order from 1 to 21.

- Include the resident in decision-making about the clothing they wish to wear.
- Perform handwashing.
- Collect all garments before removing the hospital gown.
- Gather supplies and provide a barrier.
- Support the affected arm while undressing and dressing, ensuring privacy throughout the procedure.
- Provide an explanation to the resident of the care to be performed and obtain permission.
- Knock, greet the resident by name, and introduce yourself.
- Remove the hospital gown, removing the strong arm first.
- Dress the affected arm first.
- Gather up the sleeve to ease pulling it over the affected arm.
- Dress the resident by putting on pants, a shirt with sleeves, and socks.
- Move the resident's extremities gently without over-extension or force when undressing and dressing.
- Apply clothing correctly, and adjust clothing for comfort, neatness, alignment, and close fasteners.
- Place the dirty gown in the hamper.
- Keep the resident positioned a safe distance from the edge of the bed at all times.
- Provide privacy.
- Provide safety measures and Standard Precautions/Infection Control throughout skill performance, and dispose of the barrier.

- Ask the resident about any comfort, preferences, and/or needs.
- Reverse privacy measures.
- Verbalize handwashing.
- Self-evaluate your performance and make any needed verbal corrections before stating, "My skill is complete".