

CHANGING LINENS

Setting up the bedding



- › Let them know it is time to change the sheets.
- › If they are sitting upright, ask if it is alright that you lay them down flat.
- › Check the state of the linens. You may not have to replace all the bedding every day.
- › However, you may need to change the bottom and top sheets and the pillowcase regularly. The mattress pad, bedspread and blanket can remain if they are dry and unsoiled.
- › Bedding that is at all dirty or wet from urine, stool, blood, emesis or perspiration should be changed.

If mattress pad or bed is soiled, wait for your Hospice Team to help

Check the bedding for items



- › Make sure there are no hearing aids, dentures, jewelry, glasses, tissues or other items in the bed before changing the linens.
- › This way you will be able to remove soiled sheets without shaking them. Make sure no tubes are tangled in the bed sheets.

Adjust the bed if possible



- › Put the bed at a comfortable height, and flat if possible.
- › Ensure that you won't have to stretch or bend over the bed in order to replace the bedding ([Click here for proper positioning](#)).
- › If there are side rails, pull them up so they won't roll out and will have something to grasp onto. If the bed does not have side rails, you may need two people for this process: one for making the bed and the other for holding the patient securely on the bed.

Create an area for clean supplies



- › Wash your hands and put on gloves if linens are soiled.
- › Have a clean surface such as a rolling table ready for holding the clean items. You can also use the overbed table as a work area.
- › Put the clean items you need on the clean area. For example, a flat sheet, fitted sheet, and a pillow case. Also include a clean privacy blanket, and a draw sheet if desired.

Changing the Sheets

Remove soiled items



- › Hold soiled linens away from your clothing when transferring them to a hamper.
- › Don't shake the linens, as this can introduce germs into the air.
- › If a hamper is not immediately available, place soiled sheets in a plastic bag or laundry basket. Try not to place them on the nightstand or floor.

Change the fitted sheet



- › Gently roll them onto their side away from you.
- › Remove the fitted sheet by rolling it towards the them.
- › Place the clean rolled up sheet next, partially underneath them lengthwise so you can roll it out towards you.
- › Then roll the clean linen towards you. Carefully roll them onto the clean linen.
- › Go to the other side of the bed and repeat.
- › Tuck the corners and sides of the clean fitted sheet neatly under the mattress. Pull the clean linen tightly on the bed so that it's wrinkle-free.
- › Use a draw sheet if you're working with a partner. This will allow you to move them from side to side during the process. Fold a sheet in half and stretch it across the middle of the bed to use for this purpose. Place the draw sheet on top of the bottom sheet, from their shoulders to buttocks with at least six inches of sheet left on each side.

Changing the Remaining Linens

Remove the top bedding.



- › Place a privacy blanket over them.
- › Loosen the top bedding at the end of the bed.
- › Fold the bedspread to the foot of the bed and take it away by holding it at the center.
- › Repeat with the blanket.
- › Only put the bedrail down on the side you're working on. Never step away from the bed at all when the side rail is down.
- › If the blanket and bedspread are dirty, replace them with clean ones. Otherwise place them over a chair while you change the sheets.

Remove the dirty pillowcase.



- › Support their head and neck as you remove the pillow.
- › Gently rest their head back down on the bed.
- › Remove the dirty pillowcase by unrolling it away from you. Put the pillowcase in the laundry hamper.

Place a cover



- › Put a clean flat sheet and a blanket over them.
- › Move them into a comfortable resting position and adjust the bedding as needed.