

Essential Bedrest Skills

Caregiving Series: Volume 1

Objectives

Upon completion of this training, the participant will understand:

- The different bedrest positions and how to move someone from one position to another using proper body mechanics.
- How to recognize and prevent pressure ulcers.
- How to perform other procedures commonly used when caring for a person on bedrest.

Outline

1. Proper body mechanics
2. Pressure ulcers
 - Description
 - Causes
 - Symptoms
 - Prevention
 - Aids to relieve or reduce pressure
3. Four basic bedrest positions
 - Supine (Back-lying position)
 - Fowler's (Sitting position)
 - 30-degree Fowler's (Modified sitting)
 - Prone (Lying on abdomen)
 - Sim's (Modified prone)
 - Lateral (Side-lying position)
4. Moving and positioning someone in bed
 - Moving someone to the edge of the bed
 - Moving someone toward the head of the bed
 - Raising the head and shoulders
 - Moving someone to lateral position, facing you
 - Moving someone to lateral position, facing away from you
5. Use of a mechanical lift
 - Parts of a mechanical lift
 - Two-person transfer from bed to wheelchair
 - One-person transfer from bed to wheelchair
6. How to place a bedpan
7. Elasticized stockings
8. Active range of motion exercises



Definitions and Key Points

- 1. Proper body mechanics:** Positioning and moving your body to maintain the correct curvature of the spine.
- 2. Posture:** Body alignment. Body alignment is the position of your body parts, such as your back, arms and legs, when you perform any type of activity.
- 3. Pressure ulcer:** An injury caused when unrelieved pressure results in damage of underlying tissue.
- 4. Pressure points:** Areas of the body that receive the greatest amount of pressure to the skin. These areas are usually over bony prominences such as the sacrum or lower back, hipbone, knee, heel, elbow and ankle.
- 5. Friction:** A rubbing or dragging motion. Lifting or moving someone improperly can cause damage to fragile skin.
- 6. Blanket support:** An aid that is placed on the bed to keep blankets and sheets off the body.
- 7. Foot support:** A form made for the foot to keep the foot in an upright flexed position.
- 8. Draw sheet:** A bed sheet that is folded in half hem to hem and centered on the bed between the patients' shoulder and mid-thigh. It is used to help slide the patient to a new position.
- 9. Gloves:** A protective barrier for the hands. Gloves are worn when there is a chance of coming into contact with body fluids such as blood, feces, sputum or urine.
- 10. Handwashing:** The most effective measure to prevent the spread of germs. Always wash hands before and after providing care and always wash hands after removing gloves.
- 11. Mechanical lift:** A device that is used to lift and move someone from one surface area to another, such as from the bed to the wheelchair. A mechanical lifting device such as the Hoyer lift is most commonly used to move those who are unable to stand on their own or whose weight makes it unsafe to move or lift them manually.



12. Range of motion exercises: Range of motion exercises are designed to move muscles and joints through their complete range of motion, helping to maintain strength and flexibility and increase circulation. **Passive** range of motion exercises require the assistance of another person. The patient can do **active** range of motion exercises by him or herself.



Test Your Understanding of Essential Bedrest Skills

Name _____ Date ____ / ____ / ____

1. Proper body mechanics for lifting are:
 - A. Twist at the waist
 - B. Lift with your back not your legs
 - C. Bring the object close to you
 - D. Always keep your knees straight

2. Which of the following does not contribute to the formation of a pressure ulcer:
 - A. Moisture
 - B. Pressure relief
 - C. Friction
 - D. External pressure

3. Which of the following are pressure points:
 - A. The sacrum
 - B. Hip bone
 - C. Elbow
 - D. All of the above

4. Two areas of the body that need support when lying on one's side are:
 - A. The head
 - B. Top arm
 - C. Both of the above
 - D. Neither of the above

5. The prone position is when the person is lying on his or her:
 - A. Back
 - B. Side
 - C. Abdomen
 - D. Lower back

6. Moving and positioning your body correctly is called:
 - A. Principles of pressure points
 - B. Principles of body mechanics
 - C. Principles of external rotation
 - D. Body movement guidelines



7. When moving someone to the edge of the bed, begin by:
- A. Sliding one of your arms under the person's shoulders and your other arm under the back.
 - B. Sliding your arms along the sheet as you shift your weight to your back foot.
 - C. Sliding one of your arms under the person's hips and the other under the thighs.
 - D. Grasping the draw sheet at the person's hip and pulling it toward you.

8. A draw sheet is:
- A. A bed sheet that is folded in half hem-to-hem.
 - B. An aid for moving someone that is unable to help you.
 - C. Placed in the center of the bed between the shoulders and mid-thigh.
 - D. All of the above.

9. A mechanical lift can cause fear for some people. You can help relieve fear by:
- A. Moving him or her as quickly as possible.
 - B. Explaining to the patient each step along the way.
 - C. Moving slowly.
 - D. B and C only.

10. Elasticized stockings should be removed and put on again:
- A. Every day
 - B. Every 12 hours
 - C. Every 8 hours
 - D. Every 6 hours

11. The best way to prevent pressure ulcers is frequent repositioning and a daily examination of the skin.

_____ True _____ False

12. Never leave someone on the bedpan for long periods of time. Bedpans may constrict blood vessels, which can cause skin breakdown.

_____ True _____ False

13. The major cause of pressure ulcers is bedwetting.

_____ True _____ False



14. A clean, wrinkle-free bed helps prevent pressure ulcers.

_____ True _____ False

15. In the 30-degree Fowler's or modified sitting up in bed position, there is less pressure on the lower back.

_____ True _____ False

16. To turn someone on the side away from you, have the person cross his/her arms over the chest. Then cross the leg that is farthest from you over the leg that is closest to you.

_____ True _____ False

17. It is not necessary to wash your hands after wearing gloves.

_____ True _____ False

18. When using a mechanical lift to move someone from the bed to the wheelchair, raise the person only enough to clear the bed.

_____ True _____ False

