

**Pulling up in bed using a draw sheet and two people:**

1. Place the head of the bed flat, as tolerated
2. Place your loved one's arms over chest or at side
3. If you are using a hospital bed, lower the side rails and raise the bed to a comfortable height
4. Position yourselves at the side of the bed, between hip and chest
5. Roll the draw sheet close to the patient's sides and grasp firmly
6. Widen your stance, align yourselves toward the head of the bed, placing your back foot slightly behind your front foot
7. Bend your knees and hips
8. On a count of three, lift up and shift your weight to your front leg pulling the patient toward the head of the bed
9. Smooth the sheet under the patient by pulling from either side
10. Position the patient for comfort using pillows
11. Raise the side rails



**Changing sheets with your loved one in the bed:**

1. Turn your loved one toward the up side rail as close as possible
2. If they can help, have them hold onto the rail
3. With your loved one on their side, untuck and roll the soiled sheet toward the patient and tuck as much as possible under them from head to toe
4. Place half of a clean sheet on the mattress closet to you, and roll up the other half toward the patient, tucking it under the soiled sheet
5. If you are using a draw sheet, place the draw sheet next, in the same manner
6. Raise the side rail on your side and move over to the other side of the bed. Lower this side rail
7. Help your loved one roll over the lump of dirty and clean sheets toward the up side rail
8. Remove the soiled sheet and pull the clean sheet tight and smooth and tuck under mattress
9. Reposition patient for comfort



**Patients who are no longer able to get out of bed have special care needs. They may need help with:**

- Keeping clean and dry
- Safely moving from side to side
- Getting into a comfortable position
- Protecting the skin from breakdown

**Questions or concerns?**

Call a hospice nurse at 513-891-7700. For caregiving tips visit [www.HospiceofCincinnati.org/for-the-caregiver](http://www.HospiceofCincinnati.org/for-the-caregiver).

**These useful tips can help you feel more confident when providing care:**

- Special equipment like a hospital bed makes it easier to provide care on either side of the bed
  - Make sure brakes are locked at all times
  - A hospital bed requires extra-long twin or queen size sheets
  - Position the bed to allow easy access to both sides
  - Try to position the bed to allow interaction and an outdoor view if possible
- Bedside tables are available for personal belongings, ask your hospice nurse
- We strongly encourage the use of a draw sheet to protect joints and skin to safely move the patient when repositioning
  - A draw sheet can be created by folding a flat sheet in half
  - Placed under the patient from shoulders to mid-thigh



Fold a sheet in half to create a draw sheet.

**Turning in bed:**

How often you turn your loved one depends on their condition and level of pain. Turning and repositioning offers several benefits:

- Turning distributes pressure on the body—turn on a schedule of right buttock, back, left buttock
- Frequent repositioning lowers risk of developing pressure sores on bony areas like the hip, ankles, heels, buttock and shoulders
- It is best to avoid pressure on a wound and avoid laying directly on the wound
- Repositioning can assist with breathing

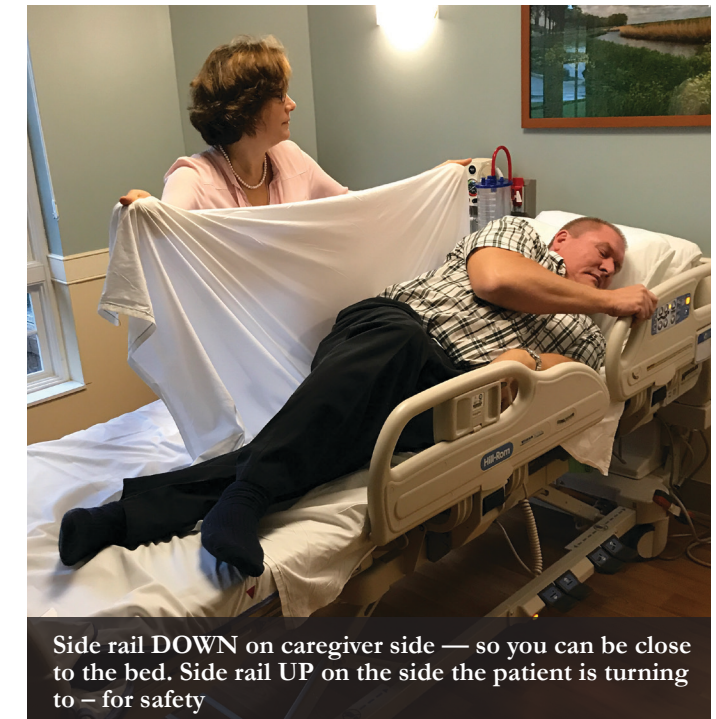
If possible, it is recommended to turn and reposition every few hours during the day. We recommend two people when turning someone in bed. If pain is an issue, consider giving pain medication 30 minutes before turning.



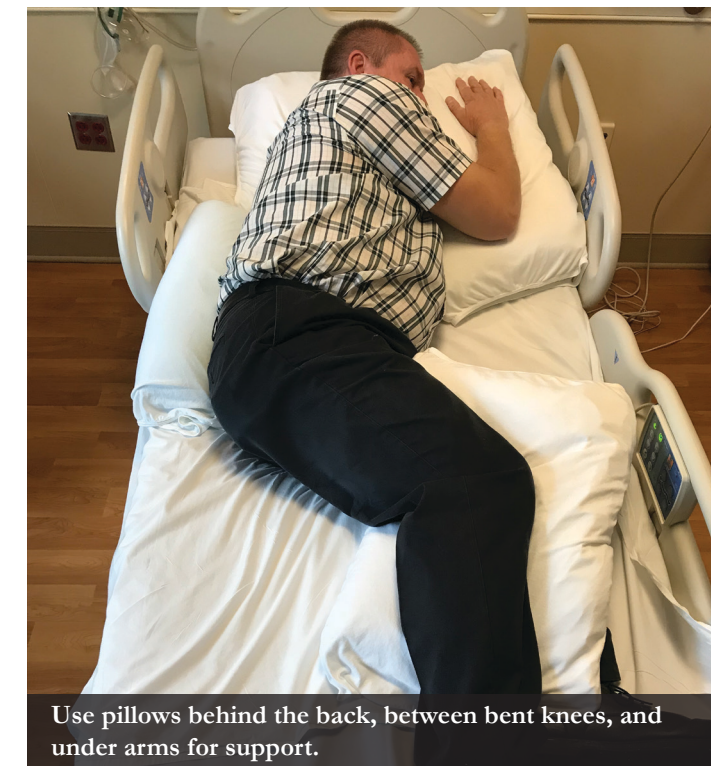
Turning and repositioning offers several benefits.

**Turning to the side using a draw sheet:**

1. Explain what you will be doing and remove all pillows, except under the head
2. Locate tubing (catheters, etc.) and position out of the way so they don't get pulled or removed
3. If a hospital bed is in use:
  - a. Raise the bed up to a height that is most comfortable for you, typically hip-high
  - b. Place the head of the bed flat (if comfortable)
  - c. Side rail up in the direction the patient is turning
  - d. Side rail down on the caregiver side so you can be close to the bed
4. Have your loved one crisscross their arms over their chest and cross ankles, if possible
5. Using the draw sheet, pull your loved one toward your side of the bed
6. Release the draw sheet
7. Slightly bend the leg that will be on top after the turn
8. Using the draw sheet, begin to turn the patient slowly towards the side rail
9. If your loved one can assist with turning, have them reach towards the side rail and hold there
10. If they cannot help, ask another to help hold them on their side using the draw sheet
11. Placing a pillow lengthwise behind their back, gently tuck the pillow under and smoothly guide them back into the pillow (you may place the pillow under the draw sheet)
12. Their weight should be on their buttock, not the hip or tail bone (as shown here)
13. Use pillows to support their arms and between bent knees, which will support and cushion bony areas
14. Straighten out the draw sheet, smoothing out the wrinkles (wrinkles in the sheet may cause skin breakdown and discomfort)
15. Turning gives you an opportunity to inspect the skin for redness or discoloration and blistering (especially on heels, hips and shoulder blades)



Side rail DOWN on caregiver side — so you can be close to the bed. Side rail UP on the side the patient is turning to — for safety



Use pillows behind the back, between bent knees, and under arms for support.

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