

removed on to a chair without allowing them to drag on the floor, the mattress should be turned, left as long as possible to air, and at least once a week brushed with a hard brush. In most hospitals it is not customary to use an under blanket, in some special cases a long mackintosh covering the mattress from head to foot is put on before the under sheet; but in the case of an ordinary patient, the bottom sheet should be arranged first and the mackintosh will come next, covering about the middle third of the bed, the draw, or slip sheet over it being rather wider; both must be perfectly free from

necessary. It will also be found a good arrangement to turn the top corners of the blankets over on themselves towards the centre; they are not then so likely to escape from under the sheet and hang down untidily.

In a hospital ward the nurse who is careful of appearance will see that the same width of upper sheet is turned down over the quilts, which will all be arranged in a uniform manner; the pillow cases will all have their open sides neatly fastened, and turned towards the same end of the ward, and the casters of the bedsteads will all be turned straight inwards.



Changing Sheets.

creases and securely tucked under the mattress on either side.

Special attention must be paid to the bolster ends, which should be smooth and square and tucked firmly under the mattress.

The pillows should be well shaken before being replaced, and the surplus of upper sheet at the foot end, instead of being tucked under the mattress, is usually folded back on itself, or, if for a case where the feet or legs are to be inspected, it is a good plan to turn the end of the sheet over the upper blankets, so that all may be doubled back together when

#### MAKING OF AN OCCUPIED BED.

We will now consider the making of a bed where a complete change of sheets is to be effected without removing the patient from the bed; and to do this efficiently and with comfort to the patient, two people are required.

We will suppose the case of a patient who is helpless, but may be turned on his side.

The upper bed clothes should be removed, with the exception of one light blanket, to cover the patient. A nurse should stand at one side of the bed and the patient be gently turned on his side.

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