

edges of each article separately, should simultaneously pull them tight to remove all creases, first at the foot, and then at the middle and head. If the patient can be slightly raised from the surface of the bed during the process, so much the better. The crumbs, if any, should be most carefully removed, and it will be found by employing a dry towel that this will be done much more efficaciously than with the bare hand.

If a patient may only be raised very slightly from the bed, and it is desired to put in a fresh slip sheet, it will be found convenient to fasten one end of the fresh slip sheet to an end of the one to be removed; the clean sheet should be overlapped by the other for about 2 in., and fastened to it on the under side by small safety-pins; the free end of the clean sheet may now be tucked under the mattress, the bulk hanging loose. The patient is then slightly raised, and the soiled sheet is drawn out from the other side, bringing the clean one through after it. It is often found useful when it is desired to lift a patient higher up in the bed, or a little more to one side, to untuck the two sides of the slip-sheet, and a nurse on each side grasping it firmly, to move him on the sheet in the desired direction.

When the patient's bed is being made, the opportunity should be taken both night and morning to

wash his back, and to apply spirit and powder, or any other application which may be directed.

We will now briefly consider the making of beds for one or two of those many special cases for which it is necessary to modify the usual routine.

BED FOR AN ABDOMINAL CASE.

A bed for the reception of a patient after abdominal operation requires careful preparation, and should be supplied with a water-pillow. The following will be found a convenient method of arrangement (see illustration 2).

The mattress should first be covered with a full length mackintosh, and a slip sheet placed across the middle, on which will rest the water-pillow, if this is used. In this case special care must be exercised in the arrangement of the bed to ensure that no additional strain is placed on the abdominal muscles. The best pillow to use is a square one containing just sufficient water to keep the prominent portions of the patient's back from pressure. A water-pillow should never be placed on a mackintosh without a sheet



Bed fitted with double extension.

in between, as the two rubber surfaces are liable to stick together and become damaged on separation.

A bottom sheet, ordinary sized mackintosh and slip sheet are now applied in the usual manner, and a mackintosh-covered bolster rolled in a slip sheet, is placed across the bed just below the water pillow, for the purpose of supporting the

[previous page](#)

[next page](#)