

Changing Bedsheets for Immobile Patient

If the patient is able, have them get up from the bed while you change the sheets.

If the patient is unable to get up from the bed to change the sheets, you will have to make the bed one half at a time. Here's how to do it.

1. Remove pillows and any sheets that are on top of the patient.
2. Have the patient bend both their knees.
3. Have the patient reach with one arm across their body to help them roll onto their side. Place one hand on their shoulder and the other on their hip to help roll them. If the bed has a bed rail, they can use it to hold on to. The patient should be positioned on one side of the bed.
4. Loosen the bed sheets from the empty half of the bed. Roll them up towards the center of the bed, toward the patient's back. Half the mattress should now be exposed.



Have patient bend knees and reach across body with arm to turn on side (can use guard

rails if available). Roll up dirty sheet on one side towards patient's back. Tuck rolled portion of sheet under patient.⁶ Have the patient roll back to the center on their back. They will briefly be on top of the rolled up dirty sheet and rolled up portion of the clean sheet.

5. Take a new clean bed sheet. Tuck in the edge of the sheet under the mattress, and then spread the sheet out to cover up the exposed half the mattress. Roll the remaining half the sheet and let it lie in the center of the bed, next to the patient's back.



Use clean sheet to cover exposed part of the mattress. Spread it and tuck it under patient.

5. Have the patient roll back to the center on their back. They will briefly be on top of the rolled up dirty sheet and rolled up portion of the clean sheet.
7. Have them bend their knees again and reach across the other side of their body to roll to the opposite side. They should now be lying on half of the clean sheet.



Have patient turn to other side on to the clean sheet. Pull off dirty sheet, and spread out other half of clean sheet.

8. Remove the dirty sheet from the bed.
9. Roll out the remaining half of the clean sheet and tuck it in.
10. Have the patient return back to center.

These same steps can be used for changing out a soiled bed pad.