

## FOR HOME NURSING CLASSES

justed again in position. Raise the patient as before, take the small pillow from under his head, and draw the others into place.

Lifting a patient in bed is not so hard as it sounds, even though he may be too weak to help himself very much. If he is not too feeble, tell him to bend his knees and press his feet firmly upon the bed. Then put one arm under his shoulders just as you did when changing the pillows. Place the other arm under the thighs and lift him upward without jerking.

If the patient is entirely helpless two people are necessary. In that case place your left arm under the patient's head and shoulders and your right arm under the small of his back. Your assistant places her right arm also under the small of his back and her left arm under his thigh. At the given signal, both lift together.

To move a patient from one bed to another, or from bed to couch, place the two beds side by side, and draw the mattress of one slightly beyond the place where the two beds meet at the sides beyond the junction of the beds.

Loosen the draw-sheet under the patient, roll it on both sides close to his body and draw him gently over into the new bed by means of this sheet. Move his shoulders at the same time. If one bed is higher than the other, make an inclined plane over which to draw the patient; using firm pillows or folded blankets.

Whenever a patient is to be moved in any way you should always tell him beforehand just what you intend to do so that he will not be startled, and also in order to gain his fullest co-operation. Not only for the sake of the patient but for your own, do not attempt to do alone more than your own strength is equal to. Whatever you do, avoid jerks, jars and false starts that irritate and alarm the sick person.

To relieve a patient from the weight of the bed clothing, place the leaf of a table or a board about eight inches high across the foot of the bed between the upper and lower sheets. Place a pillow between the table leaf or board and the patient's feet. If more convenient the