

FOR HOME NURSING CLASSES

are warmer and more comfortable than one heavy blanket. Do not use heavy cotton comforters. They are burdensome and do not provide as much warmth as a lighter woolen or eiderdown covering. Too much warmth is weakening; it causes the patient to perspire and makes him more subject to chills from draughts and changes of temperature. Well persons are often made restless by the same cause.

HOW TO CHANGE SHEETS

1. To change sheets with the patient in bed, assemble all the fresh linen near the bed.
2. Raise up the edges of the mattress with one hand and draw the bedclothes from beneath all around the mattress. Do this with as little jarring as possible.
3. Take off the spread and upper blanket—if there are two. Fold each neatly and place on a chair, or air over the backs of two chairs, placed back to back.
4. Hold the remaining blanket in place with one hand, while with the other hand draw the upper sheet out from under it.
5. Fold the edges of the blanket up over the patient to keep them out of the way.
6. The upper sheet, unless soiled, may be folded once and used as a draw-sheet or mattress protector.
7. Remove all the pillows unless the patient is so sick that one must be reserved for his comfort.
8. Move the patient over toward one side of the bed and turn him on his side so that he faces the edge nearest him.
9. Roll the bottom sheet throughout the entire length and bring the bottom sheet and draw-sheet all rolled as flat and tightly as possible, close against the patient's back.
10. Pleat about half of the fresh lower sheet lengthwise and place the pleated portion as close as possible to the rolled sheets you are going to remove.
11. Tuck in the other half of the fresh sheet at the top, bottom and side, draw the rubber sheet back over the fresh lower sheet, arrange the fresh draw-sheet in place over the rubber, and tuck it in firmly at the side. Roll the remainder close to the patient's back. The fresh side of the bed is then ready for the patient.