

Bedtime Preparation & assisting person into bed



Infection control procedures apply
Always wear suitable protective equipment – apron and gloves

Bedtime preparation

- Ensure service user privacy and dignity
- Respecting service user preferences, routines etc
- Encourage and assist, where necessary, with continence promotion
- Encourage and assist where necessary with undressing
- Encourage and assist where necessary with bed clothing
- Encourage and assist where necessary with hand and face washing
- Are there medication needs
- Does the person have any food, fluid needs?
- Are fresh liquids made available at bedside?
- Encourage and assist when necessary, with oral hygiene
- Encourage and assist when necessary with personal care (genital area to anus)
- Is a back-rub part of the support plan process at bedtime
- Make sure sheets are smooth, upper bedding not too tight
- Check – is the bed clean and not soiled?

Assisting a Service user into Bedtime

- Assist the service user into bed following any handling techniques prescribed in support plan
 - Check – is the service user comfortable, not too hot, cold etc?
 - Check – is the room dark/light enough?
 - Check – is there enough fresh air/too stuffy etc?
 - Check – is the room quiet enough?



If you are happy the service user is happy, everything is prepared for bedtime, leave the service user's home secure.

Report problems immediately to the appropriate person