

Bedtime Preparation

- Follow infection control procedures
- Wear appropriate protective equipment
- Ensure client privacy and dignity

- Respecting client 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 any medication needs?
- Does the person have any food, fluid needs?
- Are fresh liquids made available at the bedside?
- Encourage and assist, where necessary, with oral hygiene
- Encourage and assist, where necessary, with perineal care
- Is a back rub part of the care plan process at bedtime?
- Make sure sheets are smooth, upper bedding not too tight
- Check - is the bed clean and not soiled?
- Assist the client into bed following any handling techniques prescribed in the care plan
- Check - is the client 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 client is happy everything is prepared for bedtime, leave the client

