

**JOSE RIZAL UNIVERSITY**  
**College of Nursing and Health Sciences**

**Performance Checklist Rationale**  
**Bed Making (Unoccupied Bed)**

Name of Student: Hana Monica Nunez

Date:

Year/Section/Group No.: \_\_\_\_\_

Grade: \_\_\_\_\_

**Indicate the rationale for the Vital Signs procedure. Kindly cite the reference/s used.**

	<b>CRITERIA</b>	<b>RATIONALE</b>
	<b>KNOWLEDGE</b>	
1.	Assemble equipment: Pillow case Blanket Top sheet Cloth draw sheet Rubber draw sheet Bottom sheet	Proper preparation ensures protection from microorganism exposure. Allows patient to see you without PPE and without exposing yourself to risk of infection transmission (Perry Potter's Clinical Nursing Skills and Techniques 8 <sup>th</sup> Edition pp. 73)
	<b>SKILLS</b>	
2.	Perform hand hygiene, and observe other appropriate infection control procedures as needed.	Reduces transmission of microorganisms. (Perry Potter's Clinical Nursing Skills and Techniques 8 <sup>th</sup> Edition pp. 71)
3.	Place the fresh linen on the chair or over bed table	This prevents cross contamination (the movement of microorganisms from one client to another) via soiled linen. (Kozier and Erb's Fundamentals of Nursing pp. 710)
4.	Raise the bed to a comfortable working height.	This ensures client lie down comfortably. (Kozier and Erb's Fundamentals of Nursing pp. 710)
5.	Apply the bottom sheet and draw sheet.	The top of the sheet needs to be well tucked under to remain securely in place, especially when the head of the bed is elevated. If using a fitted sheet, pull sheet over ends of mattress. (Kozier and Erb's Fundamentals of Nursing pp. 710)
6.	Place the folded bottom sheet with its center fold on the center of the bed. Make sure the sheet is hem-side down for a smooth foundation. Spread the sheet out over the mattress, and allow a sufficient amount of sheet at the top to tuck under the mattress. Place the sheet along the edge of the mattress at the foot of the bed, and do not tuck it in unless it is contoured or fitted sheet.	Moving around the bed systematically prevents stretching and reaching and possible muscle strain. (Kozier and Erb's Fundamentals of Nursing pp. 710)
7.	Miter the sheet at the top corner on the near side and tuck the sheet under the mattress, working from the head of the bed to the foot.	Completing one entire side of the bed at a time saves time and energy. (Kozier and Erb's Fundamentals of Nursing pp. 710)
8.	If a waterproof draw sheet is used, place it over the bottom sheet so that the center	Prevents back strain of the worker. Finishing one side before going to the other saves

	fold is at the center line of the bed and the top and bottom edges extend from the middle of the client's back to the area of the mid-thigh or knee. Fanfold the uppermost half of the folded draw sheet at the center or far edge of the bed, and tuck in the near edge.	time. (Kozier and Erb's Fundamentals of Nursing pp. 710)
9.	Lay the cloth draw sheet over the waterproof sheet in the same manner.	Promotes safety and efficient use of time for the nurse or worker. Secures the top linen to remain in place. (Kozier and Erb's Fundamentals of Nursing pp. 710)
10.	Before moving to the other side of the bed, place the top linens on the bed hem-side up, unfold them, tuck them in, and miter the bottom corners.	Promotes safety and efficient use of time for the nurse or worker. Secures the top linen to remain in place. (Kozier and Erb's Fundamentals of Nursing pp. 710)
11.	Tuck in the bottom sheet under the head of the mattress, pull the sheet firmly, and miter the corner of the sheet.	Promotes safety and efficient use of time for the nurse or worker. Secures the top linen to remain in place. (Kozier and Erb's Fundamentals of Nursing pp. 710)
12.	Pull the remainder of the sheet firmly so that there are no wrinkles.	Wrinkles can cause discomfort for the client and breakdown of skin. Tuck the sheet in at the side. • Tuck in the drawsheet, if appropriate. (Kozier and Erb's Fundamentals of Nursing pp. 712)
13.	Complete this same process for the draw sheet/s.	Wrinkles can cause discomfort for the client and breakdown of skin. Tuck the sheet in at the side. • Tuck in the drawsheet, if appropriate. (Kozier and Erb's Fundamentals of Nursing pp. 712)
14.	Apply or complete the top sheet and blanket.	A small pleat in the top linen allows the linen to be loose, providing free movement of the toes and feet for the patient, promoting comfort and decreases the chance of pressure ulcers. (Kozier and Erb's Fundamentals of Nursing pp. 712)
15.	Place the top sheet, hem -side up, on the bed so that its centerfold is at the center of the bed and the top edge is even with the top edge of the mattress.	Opening linens by shaking them spreads organisms into the air. Holding linens overhead to open them causes strain on the nurse's arms. (Kozier and Erb's Fundamentals of Nursing pp. 712)
16.	Unfold the sheet over the bed.	This saves time and energy and keeps the top linen in place. (Kozier and Erb's Fundamentals of Nursing pp. 712)
17.	Make a vertical or a horizontal toe pleat in the sheet to provide additional room for the client's feet.	This makes it easier for the patient to get into bed and pull up the covers. (Kozier and Erb's Fundamentals of Nursing pp. 712)
18.	Follow the same procedure for the blanket, place the top edges about 15 cm ( 6 inches) from the head of the bed to allow a cuff of sheet to be folded over them.	This makes it easier for the patient to get into bed and pull up the covers. (Kozier and Erb's Fundamentals of Nursing pp. 712)
19.	Spread at the foot of the bed, and miter	Always work from cleanest (head of bed) to

	the corner. Leave the side of the top sheet, blanket hanging freely.	dirtiest (foot of bed) to prevent spread of infection. Rolling dirtiest surface of linen inward, lessening contamination. (Kozier and Erb's Fundamentals of Nursing pp. 712)
20.	Fold the top of the top sheet down providing a cuff.	A cuff on the sheet makes it easier for the client to pull the covers up. (Kozier and Erb's Fundamentals of Nursing pp. 712)
21.	Move to the other side of the bed, and secure the top bedding in the same manner.	Completing one side of bed at a time allows procedure to be completed faster and reduces strain on the caregiver. (Kozier and Erb's Fundamentals of Nursing pp. 712)
22.	Put clean pillowcases on the pillows as required.	A smoothly fitting pillowcase is more comfortable than a wrinkled one. (Kozier and Erb's Fundamentals of Nursing pp. 712)
23.	Grasp the closed end of the pillowcase at the center with one hand.	Opening linens by shaking them causes organisms to be carried on air currents. (Kozier and Erb's Fundamentals of Nursing pp. 712)
24.	Gather up the sides of the pillowcase, and place them over the hand grasping the case. Grasp the center of one short side of the pillow through the pillowcase.	Covering the pillow while it rests on the bed reduces strain on the nurse's arms and back. (Kozier and Erb's Fundamentals of Nursing pp. 712)
25.	With the free hand, pull the pillowcase over the pillow.	Covering the pillow while it rests on the bed reduces strain on the nurse's arms and back. (Kozier and Erb's Fundamentals of Nursing pp. 712)
26.	Adjust the pillowcase so that the pillow fits into the corner of the case and the seams are straight.	Opening linens by shaking them causes organisms to be carried on air currents. (Kozier and Erb's Fundamentals of Nursing pp. 712)
27.	Place the pillows appropriately at the head of the bed.	This ensures client lie down comfortably. (Kozier and Erb's Fundamentals of Nursing pp. 710)
	<b>TOTAL GRADE</b>	

Total score / Total no of items x 60 + 40 = \_\_\_\_\_

**Total Grade** \_\_\_\_\_

Clinical Instructor's Comments / Suggestions:

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Students' Comments / Suggestions:

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Signature      Student's Signature

C.I.'s Name /