

HOPE HEALTHCARE and HOSPICE

Caregiver tips to successfully

TURN A BED BOUND PATIENT



Bedbound patients should be turned every two hours, which keeps blood flowing to their skin, prevents bedsores, and will keep them comfortable during the day and night. Turning a patient is also an excellent time to check their skin for redness and sores. If pain is an issue, considering giving the patient pain medication 30 minutes before turning. The number **ONE** rule of turning a bedbound patient is never to lift more than you can handle.

TIP 1

Prepare the patient:

- Explain what is going to happen and encourage them to help if possible.
- Move the patient to the center of the bed, ensuring the rails are up on the side you are turning the patient towards. The patient's bottom arm should be stretched towards you.
- Place the patient's top arm across their chest. Cross the patient's upper ankle over the bottom ankle.

TIP 2

Create a base of support:

- Stand with your feet shoulder-width apart and place one foot a half-step ahead of the other. Use your legs, not your back, when lifting.

TIP 3

Steps for the caregiver:

1. Raise the bed to a level that reduces back strain for you and make the bed flat (lowering the head and/or foot of the bed).
2. Get as close to the patient as you can.
3. Place one of your hands on the patient's shoulder and your other hand on their hip.
4. Shift your weight to your front foot as you gently pull the patient's shoulder toward you. Then shift your weight to your back foot as you gently pull their hip toward you. Ensure the patient's ankles, knees, and elbows are not resting on top of each other.
5. Make sure their head and neck are in line with their spine.
6. Return the bed to a comfortable position with the side rails up. Use pillows as needed.
7. In two hours, return patient to back, and repeat with the other side at next turn.

Questions or concerns to Turn a Bed Bound Patient?

Call our hospice nurse at (337) 703-4674 or visit our website at www.hope-hospice.com.

