

P.M. CARE (BEDTIME CARE)

PURPOSE:

1. To prepare resident for sleep by providing comfort.
2. To meet the resident's physical and mental needs.
3. To prevent the development of pressure areas on the skin.

EQUIPMENT:

1. Bedpan or urinal.
2. Toothbrush or disposable toothbrush.
3. Washcloth and towel.
4. Toilet tissue.
5. Soap and warm water.
6. Emesis basin.
7. Lotion.
8. Denture cup.
9. Clean linen as necessary.
10. Water cup and fresh water.

PROCEDURE:

1. Wash hands, apply gloves, apply appropriate PPE.
2. Offer bedpan or urinal; assist ambulatory residents to bathroom.
3. Provide perineal care, if needed.
4. Apply moisture barrier as needed per POC. Observe for any reddened areas or open areas. Report to nurse if noted. Change linen as needed.
5. Assist resident to undress and change into night attire.
6. Assist with washing of face and hands.
7. Assist with oral hygiene.
8. Assist resident into comfortable position; turn and position resident with pillows.
9. Apply positioning device and fall interventions, if ordered/as per POC.
10. Place call light within reach.
11. Elevate side rails if ordered.
12. Clean bedside stand, over-bed table.
13. Leave room clean and tidy.
14. Adjust lighting in room as resident desires.
15. Report any skin issues including bruises, skin breakdown as well as an unusual or abnormal conditions and symptoms to the nurse.

Follow hand hygiene and use of gloves per policy.