



## **A Client Care Module: Caring for the Bed Bound Client**

### **INSTRUCTIONS FOR THE SUPERVISOR**

#### **Step One:**

- Make a copy of the Instructions for the Learner page. Return your original to the sheet protector. Add the following information to the copy:
  1. The name (or position) of the person to whom the aides should direct questions.
  2. The name (or position) of the person to whom the aides should turn in their quizzes.
  3. The date by which the quiz page should be turned in.
  4. The name (or position) of the person who will initial the aides' Inservice Club Membership Cards.
- Use this copy as your "master" as you make up the inservice packets.

#### **Step Two:**

- Have the following copied for each learner:
  1. The **Instructions for the Learner** page.
  2. The **10 Page** Inservice newsletter.
  3. OPTIONAL: Policy and procedure guidelines for providing range of motion exercises, using mechanical lifts, and using proper body mechanics.
  4. The **Quiz** page.

#### **Step Three:**

##### ***For Self-Study Use***

- Distribute as desired—in employee mailboxes; folded in paychecks, etc.
- You may want to post the Quiz Answer Sheet in a prominent spot.

##### ***For Group Use***

- Read over the Suggested Participatory Activities, the Suggested Teaching Tips and the Suggested Discussion Questions.
- Select the activities you want to use during your inservice hour.



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### **SUGGESTED PARTICIPATORY ACTIVITIES**

#### **Activity # 1: Roll the Dice**

***Use this activity for groups of 10 or less to reinforce the material learned in this inservice.***

- Hand the first participant a single die to roll. The challenge is to recall facts learned in the inservice equal to the number on the die. For example: If a three is rolled, the participant must tell the rest of the group three things learned after studying the packet.
- Have the participant pass the die to someone else and continue until everyone has rolled.

#### **Activity #2: Using Mechanical Lifts**

***Take advantage of this inservice meeting to demonstrate the use of your facility's mechanical lifts.***

- If no one in your organization is trained to demonstrate the lifts, call the manufacturer or supply company for assistance. They can usually send out a representative to do the training.
- The best way to learn how to use lifts properly is to have participants practice on each other. This also helps them to understand how the client may feel during a lift.

#### **Activity #3: Teambuilding Exercise**

***Caring for the bed bound client requires a cohesive team made up of members who know how to ask for help and work together. Use this activity as a team building exercise.***

- Explain to the group the importance of being able to ask for and receive help.
- For this activity you will need a room where all the furniture can be moved to the sides. You will also need balloons (2 per person).
- Have everyone stand in a circle, facing the center of the room.
- Give each person two balloons to inflate.
- Pick one person to come into the center of the circle and try to keep their two balloons in the air alone.
- When it becomes difficult, the person calls somebody's name and says "(person's name), I need your help!".
- That person comes into the circle bringing their two balloons and helps until it becomes difficult to keep all four balloons in the air. Then they call for help saying "(person's name), I need your help!".
- If a balloon falls on the ground, it must be picked up by someone who has not been called to help yet. Then that person has to enter the circle and help (adding their balloons to the game).
- The goal is to get everyone involved in helping to keep all the balloons in the air.
- When the game ends, ask participants to comment on how this helps them understand the power of teamwork, and the benefits of asking for and receiving help.



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### **SUGGESTED TEACHING TIPS**

#### **Teaching Tips**

- Make an overhead from the Quiz Answer Sheet.
- Go through medical references you have in your facility or search the web for pictures of the stages of pressure ulcers. Make overheads of the pictures you find. Share the pictures with the group, paying particular attention to the early stages when damage can be reversed.
- Take advantage of this inservice meeting to review your organization's policies on: Providing Range of Motion Exercises, Using the Mechanical Lift, Monitoring I&O, and Providing Incontinence Care.
- Have a Physical Therapy team member come and demonstrate proper technique for range of motion exercises.
- If you do not already have a system in place for turning bed bound clients, hand out the "Turn Clock" included in this inservice and discuss how it might best be implemented.
- Since this is a long and fairly detailed inservice that also promotes team building, consider providing a snack with time for socializing between activities.

#### **Resources**

*The following resources were used in developing this inservice. You might want to check them out for further information:*

- Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov)
- Agency for Healthcare Research at [www.ahrq.gov](http://www.ahrq.gov)
- Aging In the Know - [www.healthyaging.org](http://www.healthyaging.org)
- Infection Control Today Magazine
- Annals of Long-Term Care
- Medline Plus at [www.nlm.nih.gov](http://www.nlm.nih.gov)
- National Association for Continence at [www.nafc.org](http://www.nafc.org)
- [www.aarp.org](http://www.aarp.org)
- [wilderdom.com/games](http://wilderdom.com/games)

#### **PLEASE NOTE:**

*Your staff may enjoy the following related In the Know inservices:*

- Understanding Abuse and Neglect
- Importance of Activity for the Elderly
- Taking Care of Your Back
- Bathing Tips
- Dressing and Grooming Tips
- Feeding Your Clients
- Handling Incontinence and UTI's
- Preventing Pressure Sores
- Passive and Active Range of Motion
- Working with a Team

*If your In the Know library doesn't include these titles, they are available for purchase by calling our toll-free number:*

**877-809-5515**

*or visiting:*

**[www.knowingmore.com](http://www.knowingmore.com)**



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### **SUGGESTED DISCUSSION QUESTIONS**

**Q: Pressure ulcers have been a healthcare issue for a long time. In 1859, Florence Nightingale wrote, "If he has a bedsore, it's generally not the fault of the disease, but of the nursing." What do you think she meant by that? Do you agree or disagree? Why?**

**Q: Constant pressure on boney areas, poor nutrition, poor hydration, poor hygiene, and poor circulation all contribute to the development of pressure sores. Discuss each of these factors. What can you do to help protect your bed bound clients?**

A: Constant Pressure can be overcome with frequent position changes. Follow the care plan or re-position every two hours.

Poor Nutrition - If the client has trouble eating, dietary changes can be made by discussing the problem with the nurse. Depression can lead to a decrease in appetite. Spending time with the client, discussing pleasant things during meals may help stimulate their appetite.

Poor Hydration - Follow the care plan, promoting hydration as ordered. Offering frequent sips to the client who can't drink independently will help.

Poor Circulation - Range of Motion exercises and massages help with circulation. Follow the care plan and provide these measures as indicated.

Poor Hygiene - Keeping the skin clean, dry and moisturized helps it maintain its strength and elasticity. Gentle soaps and lotions should be used. Incontinent clients should be cleaned as soon as they are soiled.

***Here are other questions that might spur some interesting discussions:***

Q: Discuss the bed bound clients you have cared for. What were some of the challenges you faced? What did you most enjoy about working with bed bound clients? What went wrong and how could you have prevented it?

Q: Discuss a bed bound client you have cared for who had family members who were involved with their care. Compare that to a bed bound client with uninvolved family members. What are the biggest differences? How was the care you provided different? Do you think the healthcare team takes better care of the clients with more involved family members? Why or why not?



## **A Client Care Module: Caring for the Bed Bound Client**

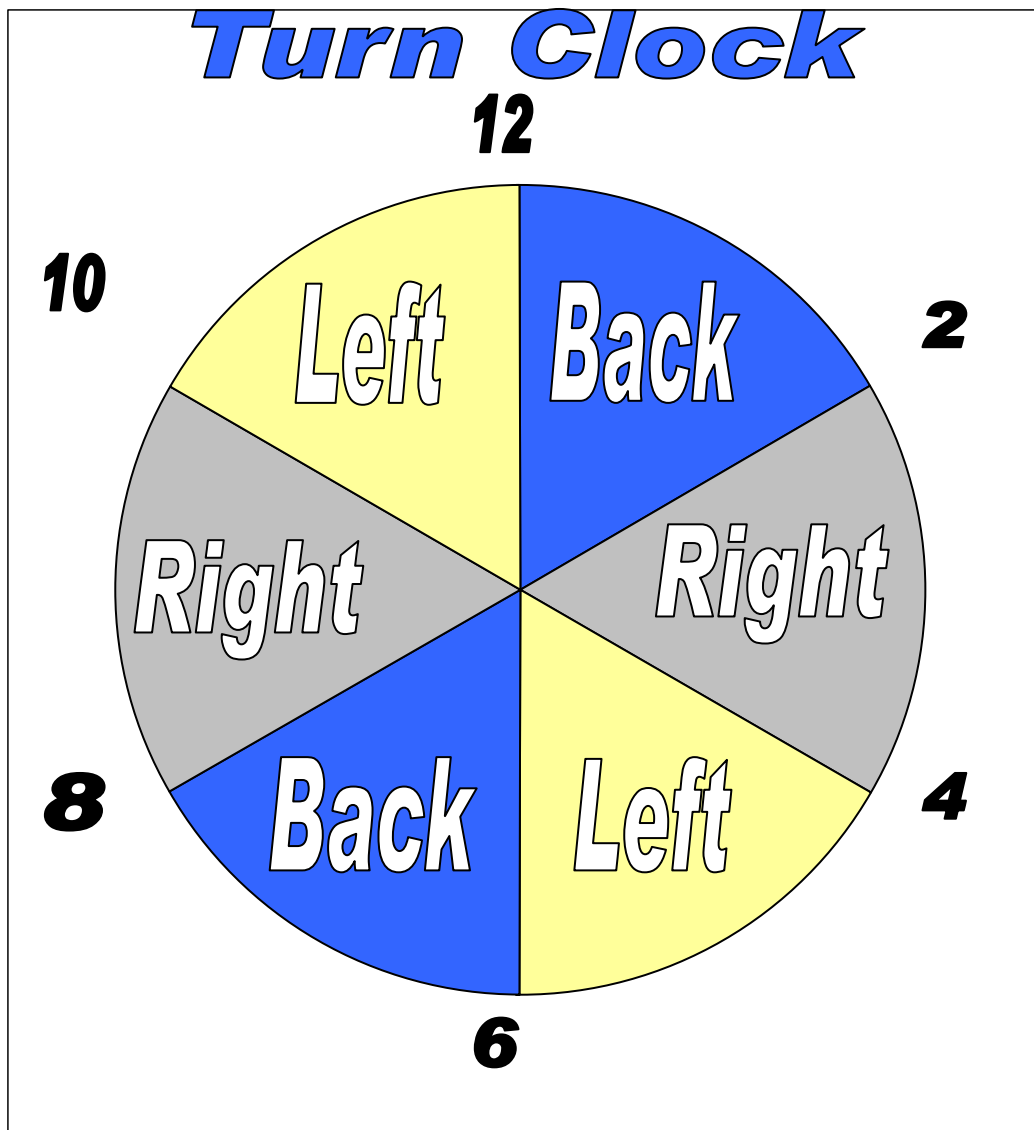
### **QUIZ ANSWER KEY**

- 1. False**  
You should give the bed bound client a complete bed bath only **once or twice a week** (unless otherwise ordered). Using soap every day can over dry the skin, leaving it vulnerable to tears or breaks.
- 2. True**  
Early signs of a pressure sore include pale skin or slightly reddened skin over bony areas.
- 3. True**  
Pressure sores and contractures resulting from neglect are considered a form of abuse.
- 4. True**  
Poor appetite in the bed bound client may be due to loneliness and depression. It can also be from lack of activity, certain disease processes and medications the client is on.
- 5. You just changed your incontinent bed bound client after she soiled her bed and clothing. Fifteen minutes later she is soiled again. The most appropriate response is:**  
D. Clean her immediately, remaining positive and professional in her presence. Remember, this is not something she is doing to purposely annoy you. It is embarrassing for her and she feels bad that you have to clean her.
- 6. False**  
If any pain occurs during range of motion exercises, you should stop and tell your supervisor.
- 7. One symptom that is common to both clients with dehydration (water loss) and edema (water retention) is:**  
C. Decrease urine output. Decreased urine output is a symptom common to both edema and dehydration. In Dehydration, there is not enough fluid to create urine and with edema, the body is retaining extra fluid causing the decrease in urine.
- 8. True**  
Some people become bed bound because they choose to be inactive. While they may have an illness or disability that makes mobility difficult, they have not been ordered to stay in bed by a doctor.
- 9. True**  
While some bed bound people may be too ill to participate in activities, others may find that fun or interesting activities add some spark to their day.
- 10. True**  
Infected pressure ulcers can lead to death. For example, Christopher Reeves (Superman) died from complication of an infected pressure ulcer.



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### **TURN CLOCK HANDOUT**



**Directions:** Identify those patients at risk for developing pressure ulcers and post the Turn Clock on the doors to the rooms for those patients. The clock serves as a reminder to all who enter the room that at each two-hour interval, the patient should be re-positioned according to the position indicated on the clock. For example, from 12:00 to 2:00 the patient should be positioned on his or her back; from 2:00 to 4:00 on the right side; and so forth.





## **A Client Care Module: Caring for the Bed Bound Client**

### EVALUATION

Employee Name \_\_\_\_\_

Date \_\_\_\_\_

Self-Study Inservice

Group-Study Inservice

1. Put a checkmark in the box that best describes how you feel about each learning objective.

LEARNING OBJECTIVE	I am able to do this.	I might be able to do this.	I can't do this.	I'm not sure.
<i>Give at least two reasons a client may become bed bound.</i>				
<i>List at least four possible complications of immobility.</i>				
<i>Describe pressure ulcers and contractures and how to prevent them.</i>				
<i>List two important reasons for keeping skin clean, dry and moisturized.</i>				
<i>Discuss the benefits of exercise and massage for clients who are bed bound.</i>				

2. Did you learn anything new that will help you in your job?

Yes

No

If yes, please explain: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

3. If you have questions about the inservice information that did not get answered, note them here:

\_\_\_\_\_  
 \_\_\_\_\_

4. Other comments? \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_