

DRESSING AND UNDRESSING GUIDELINES

(The procedure outlined here indicates that the individual is in bed, the procedure can be adapted when assisting an individual who is not confined to bed)

All equipment and clothing should be collected in advance.

Pay special attention to:

- Individual's choice
- Age appropriateness of clothes
- Colour and matching clothes
- Gender appropriate clothes
- Weather and climate appropriate e.g. light clothes in warm weather.
- Fit of clothes, state of repair, cleanliness etc.

Assisting the individual who requires assistance to undress

Getting Ready

- Wash your hands and observe standard precautions as necessary.
- Gather needed supplies
- Knock and introduce yourself, if the individual is in bed
- Identify the individual and greet him or her by name.
- Explain the procedure
- Provide for privacy
- Attend to safety
- Establish individual's willingness to participate.

Pre Procedure

- Get a bath sheet and clothing chosen by the individual
- Provide for privacy, dignity and comfort.
- Follow the individual's care plan
- If the individual is in bed and needs assistance, raise the bed to the best level for good body mechanics (this may not be possible in the home situation). Ensure the wheels are locked. Make sure bed rails are up if used.
- Lower the bed rail at the individual's weak side (if applicable)
- Assist the individual into the supine position (lying on back, face upwards)

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

- Cover the individual with the bath sheet. Fold bed linen down to the foot of the bed.
- **Do not expose the individual during the activity**

Procedure

Removing garments that fasten to the back

- Gently lift the individual's head and shoulders and gather the top and bottom of the garment together at the individual's neck.
- Undo buttons, zippers, ties or snaps
- Working with the individual's strongest side first, gently remove the arm from the garment by sliding the garment down the arm.
- Repeat with the other arm.
- If it is not possible to lift the individual's head and shoulders, roll the individual on to his/her side facing away from you. Working with the individual's strongest side first, gently remove the arm from the garment. Roll the individual on to his or her other side facing you and remove the other arm from the garment.
- Remove garment completely by lifting it over the individual's head.

Removing garments that fasten to the front

- Undo any fasteners such as buttons, zippers, snaps or ties.
- To remove the top, gently lift the individual's head and shoulders.
- Working with the individual's strongest side first, gently remove the arm from the garment by sliding the garment over the shoulder and down the arm.
- Gather the garment behind the individual and remove the garment completely by sliding the other sleeve over the weak shoulder and arm.
- Do the following if you cannot raise the individual's head and shoulders
 1. Turn the individual's head towards you. Tuck the removed part of the garment under the individual.
 2. Turn him or her onto the side away from you.
 3. Pull the side of the garment gently, out from underneath the individual. Make sure he/she is not lying on it when supine.
 4. Return the individual to the supine (lying on back) position
 5. Remove the garment from the weak side (if applicable)

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

Remove pullover garments

- Undo any buttons, zippers, ties or snaps
- Remove the garment from the strong side (if applicable)
- Raise the head and shoulders. You may need to turn the individual on to the side away from you. Bring the garment up to the individual's neck.
- Remove the garment from the individuals weak side if applicable
- Bring the garment over the individual's head
- Position him/her in the supine position.

Remove pants/underpants or slacks / trousers

- Remove the individuals footwear and socks
- Assist the individual into the supine position
- Undo buttons, zippers etc.
- Remove a belt if worn
- Ask the individual to lift their buttocks off the bed if possible. Slide the garment down over the hips and buttocks. Have the individual lower the buttocks.
- If the individual cannot raise their hips off the bed
 - Turn the individual towards you
 - Slide the garment off the hips and buttocks on the strong side (if applicable)
 - Turn the individual away from you
 - Slide the garment off the buttocks on the weak side.
- Slide the garment down over the feet.

Assist the individual to dress as per dressing procedure

Assist the individual out of bed if he/she is to be up. Cover the individual and remove bath sheet if the individual is to remain in bed.

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

Finishing up

Provide for comfort

- Ask the individual if he/she is comfortable
- Ask the individual if there is anything else you can do for him/her

Complete a safety check

- Lower the bed to its lowest position
- Raise or lower bed rails. Follow the individual's care plan
- Ensure assistive devices are within reach, walker, walking stick, wheelchair etc.
- Floors are free of spills and clutter
- Wash your hands as per local Hand Hygiene Policy

Clean and replace equipment, utensils

- Follow local policy for soiled linen (Cleaning and Disinfection Policy and Laundry Policy)
- Wash hands as per local Hand Hygiene Policy

What you Document

- Date and Time
- Type of care provided
- Any unusual observations (rashes, bruising etc)

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

Assisting the individual who requires assistance to dress

Getting Ready

Collect bath sheet and necessary clothing and follow *getting ready* instructions for undressing.

Pre Procedure

As per instructions for undressing

Procedure

Assist the individual by putting on his or her undergarments

Underpants

- Facing the foot of the bed, gather the underpants together at the leg opening and at the waistband
- Working with one foot at a time, slip first one foot and then the other through the waistband and through the leg opening.
- Slide the underpants up the individual's legs as far as they will go, then ask the individual to lift his or her buttocks off the bed.
- Gently slide the underpants over the buttocks.
- If the individual cannot raise his/her buttocks off the bed help the individual to roll first to his or her strong side, allowing you to pull the underpants up on the weak side. Then roll the individual on to his/her weak side and finish pulling the underpants up. Adjust the underpants so that they fit comfortably.

Bra

- Working with individual's weak side first, slip the arms through the straps and position the straps on the shoulders so that the front of the bra is covering the individuals chest.
- Ensure the straps are not twisted
- Adjust the cups of the bra over the individual's breasts
- Raise the individuals head and shoulders and help the individual to lean forward so that you can fasten the bra at the back. If back fastening

Undershirt

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

- Facing the head of the bed gather the top and bottom of the undershirt together at the neck opening
- Place the undershirt over the individuals head
- Working with the individual's weak side first, slip the arms through the arm openings
- Raise the individuals head and shoulders and help the individual to lean forward so that you can pull the undershirt down, smooth out any wrinkles.

Pants/slacks/trousers

Assist the individual with putting on his or her outerwear

- By following the same procedure for putting on underpants
- Fasten any buttons or zippers, snaps or ties.

Shirts and sweaters/jumpers that fasten in the front

- Face the head of the bed, place your hand and arm through the wristband of the garment.
- Working with the individual's weak side first, gently grasp the individuals hand and slip the garment off your hand and arm, gently guide the individual's arm into the sleeve.
- Pull the sleeve up adjusting it at the shoulder
- Raise the individual's head and shoulders and help the individual to lean forward so that you can bring the other side of the garment around the back of the individual's body
- Guide the individual's strong arm into the sleeve of the garment.
- Fasten any buttons, zippers, snaps or ties.

Sweatshirts and pullover sweaters/jumpers

- Assist the individual with putting on a sweatshirt or pullover sweater by following the same procedure as that used for putting on an undershirt
- Fasten any buttons, zippers, snaps or ties.

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

Blouses that fasten at the back

- Work as for garments that fasten at the front except put both arms into the sleeves and fasten zippers, buttons, snaps or ties down the back.

Assist the individual putting on footwear

Socks or knee high socks (ensure matching Pair)

- Gather the sock or stocking, bringing the toe area and the opening together
- With the toe area facing up slip the sock or stocking over the individual's foot
- Smooth the heel of the sock or stocking over the individual's heel, and pull the sock or stocking up into position.
- Adjust for comfort
- Repeat for the other foot

Shoes or slippers (ensure matching pair)

- If the shoes have laces, loosen them completely to make it easier to slip the shoe onto the foot.
- Guide the individual's foot into the shoe or slipper
- A shoehorn may be used to help ease the individual's heel into the shoe
- Make sure that the foot is seated properly into the shoe
- Socks or stockings should not be bunched at the toe
- If necessary tie the shoe or fasten the Velcro fasteners securely

If the individual will be remaining in bed and bed rails are in use, return the bedrails to the raised position

Raise the head of the bed as the individual requests.

Gather the removed garments and place them in the linen bag.

Finish Up

Finish up as for dressing the individual i.e.

1. Provide for comfort
2. Complete a safety check
3. Clean and replace equipment

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

What you Document

- Time and Date
- Type of care provided
- Any unusual observations (rashes etc)

(Adapted from Sorrentino, 2011 and Carter, 2012

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.

Adapted with kind permission from the Muiriosa Foundation *Practice Guidelines on Intimate and Personal Care*, Moore Abbey, Monasterevin.