

Checklist: Dressing and Undressing the Patient

Dressing and Undressing the Patient	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the patient according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Provide privacy by closing curtains or doors before beginning care.	<input type="checkbox"/>	<input type="checkbox"/>
3. Select appropriate clothing and arrange in order of application. Encourage the patient to participate in the selection process.	<input type="checkbox"/>	<input type="checkbox"/>
4. Cover the patient with a bath blanket and fan-fold top bedclothes to the foot of the bed.	<input type="checkbox"/>	<input type="checkbox"/>
5. Elevate the head of the bed to sitting position.	<input type="checkbox"/>	<input type="checkbox"/>
6. Assist the patient to a comfortable sitting position. Use proper body mechanics and assistive devices according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
7. Remove nightclothes, keeping the patient covered with the bath blanket. Remove from strong side first and then from weaker side. Place nightclothes in a laundry hamper or fold them to be taken home.	<input type="checkbox"/>	<input type="checkbox"/>
8. Observe the patient's skin during dressing for redness, irritation, swelling, bruising, or pressure areas and report concerns according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
9. To assist a patient wearing a bra, slip the straps over the patient's hands (weak side first), move the straps up her arms, and position them on her shoulders. Adjust the breasts in the cups. Then hook the bra in back (assist the patient to lean forward so the bra can be fastened).	<input type="checkbox"/>	<input type="checkbox"/>
10. For an undershirt, or any garment that slips on over the head: <ol style="list-style-type: none"> a. Gather the undershirt and place it over the patient's head (Figure 24-16A). b. Grasp the patient's hand and guide it through the armhole by reaching into the armhole from the outside. c. Repeat the procedure with the opposite arm. d. Assist the patient to lean forward, and adjust the undershirt so it is smooth over the upper body. 	<input type="checkbox"/>	<input type="checkbox"/>
11. Alternate the procedure for slipover garments: <ol style="list-style-type: none"> a. Place the garment front side down on the patient's lap, with the bottom opening facing the patient. b. Put the patient's hands into the bottom of the garment and, one at a time, into the sleeve holes. c. Pull the sleeves up as far as possible on the patient's arms and pull the hands through at the wrist if it is a long-sleeved garment. The garment should now be high on the patient's chest. d. Gather up the back of the garment with your hand and slip the garment over the patient's head. e. Smooth the garment down and position it comfortably about the patient's body. Adjust sleeves and shoulders as needed. 	<input type="checkbox"/>	<input type="checkbox"/>
12. Shirts or dresses that fasten in the front: <ol style="list-style-type: none"> a. Insert your hand through the sleeve of the garment and grasp the patient's hand. Draw the sleeve over your hand and the patient's. b. Adjust the sleeve at the shoulder. c. Assist the patient to sit forward. Arrange clothing across the patient's back. d. Gather the sleeve on the opposite side by slipping your hand in from the outside. e. Grasp the patient's wrist and pull the sleeve of the garment over your hand and the patient's hand. Draw the sleeve upward and adjust it at the shoulder. f. Button, zip, or snap the garment. 	<input type="checkbox"/>	<input type="checkbox"/>
13. Underwear or pants: <ol style="list-style-type: none"> a. Facing the foot of the bed, gather the patient's undergarment from waist to leg hole. b. Slip the garment over one foot at a time (Figure 24-16B). Pull the garment up the legs as high as possible. c. Assist the patient to raise the hips. Draw the garment over the buttocks and up to the waist. If patient cannot raise the buttocks, assist the patient to roll first to one side, as you pull up the garment, and then the other side. Adjust the garment until comfortable. 	<input type="checkbox"/>	<input type="checkbox"/>

d. Fasten the garment, if required.		
14. Socks or knee-high (or thigh-high) stockings: a. Roll a sock or stocking with heel in back and place it over the toes. b. Draw the sock up over the foot and adjust until smooth. Pull stockings smoothly up to knee or thigh. c. Repeat for other foot.	<input type="checkbox"/>	<input type="checkbox"/>
15. Pantyhose: a. Gather pantyhose and adjust over toes and feet. Draw up legs as high as possible. b. Draw over hips as described in step 11c. Adjust until comfortable at waist.	<input type="checkbox"/>	<input type="checkbox"/>
16. Shoes: a. Open laces of shoes completely so the foot can easily slip into the shoe. Slip shoe on, using a shoehorn if necessary. b. Be sure the shoe is fastened securely (Velcro tabs or ties). If the shoes tie, be sure that the ends of the shoelaces do not drag on the floor. Fasten the shoes so they are tight enough to prevent them from slipping off the patient's feet but not so tight that circulation is impaired. c. Be sure that shoes are appropriate to the floor surface.	<input type="checkbox"/>	<input type="checkbox"/>
17. To undress, reverse order of steps.	<input type="checkbox"/>	<input type="checkbox"/>
18. Perform hand hygiene after completing care.	<input type="checkbox"/>	<input type="checkbox"/>