Dressing and Undressing the Resident

<table>
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<th>Purpose</th>
<th>The purposes of this procedure are to assist the resident as necessary with dressing and undressing and to promote cleanliness.</th>
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| Preparation | 1. Review the resident’s care plan to assess for any special needs of the resident.  
2. Assemble the equipment and supplies as needed. |
| General Guidelines | 1. Allow the resident as much privacy as possible while he or she is dressing or undressing.  
2. Encourage the resident to choose the clothes that he or she will wear for that day.  
3. Encourage the resident to dress or undress himself or herself as much as possible. This is good range of motion exercise.  
4. Avoid rushing the resident. Allow him or her plenty of time to dress or undress. Allow the resident to button or unbutton his or her clothing.  
5. Dress the resident in his or her own clothing. Do not swap clothing among residents.  
6. Report clothing needs and repairs to the Staff/Charge Nurse or to social services.  
7. Residents who may need some assistance with dressing and undressing include:  
   a. A blind resident;  
   b. A resident with limited mobility;  
   c. A resident who may get dizzy bending over to put on his or her socks, stockings and/or shoes.  
   d. A confused resident who may need assistance in putting his or her clothing on properly.  
   e. A disabled resident who may be bedfast and/or chairfast.  
8. During the procedure, observe the resident’s skin for any redness, discoloration, rashes, sores, etc. |
| Steps in the Procedure | 1. Wash and dry your hands thoroughly before beginning the procedure.  
2. If dressing the resident:  
   a. Begin dressing the resident from the resident’s weak side.  
   b. Remove the resident’s gown, pajamas and/or any soiled linen.  
   c. Assist the resident in putting on clean undergarments, socks/stockings and slacks.  
      (Note: If the resident cannot stand, instruct the resident to put on his or her undergarment, etc. while he or she is in a lying position.)  
   d. Assist the resident to a sitting position. Allow the resident a moment to get used to sitting up.  
   e. Allow the resident to finish dressing (i.e., putting on a shirt, blouse, dress, etc.). Assist as necessary.  
   f. Assist the resident in putting on his or her shoes. (Note: To prevent falls, be sure the resident puts his or her shoes on before standing.)  
   g. Assist the resident to his or her feet as necessary.  
3. If undressing the resident:  
   a. Begin undressing the resident from his/her strong side.  
   b. Instruct the resident to sit down in a chair or on the edge of the bed.  
   c. Remove the resident’s shoes and socks/stockings.  
   d. Assist the resident as necessary in unbuttoning or unzipping his or her sweater, shirt and/or blouse. (Note: Slide the sleeve from the strong arm first.) |

continues on next page
Steps in the Procedure (continued)

e. If the resident is wearing a dress, instruct her to stand. Pull the dress and slip above the buttocks.
f. Instruct the resident to sit down on the edge of the bed.
g. Pull the dress and slip over the resident’s head. Slide the sleeves from the strong side first.
h. If the resident is wearing slacks, instruct him or her to stand (or lie back on the bed). Assist the resident as necessary in unbuttoning and/or unzipping the slacks. Slide the slacks below the buttocks.
i. If the resident is standing, instruct the resident to sit on the edge of the bed. Slide the slacks from the strong leg first.
j. If the resident is ready for bed, position the covers and make the resident comfortable.

4. Place the call light within easy reach of the resident.
5. Discard all soiled clothing and linen into the soiled laundry container. Red bag as necessary.
6. If the resident desires, return the door and curtains to the open position and if visitors are waiting, tell them that they may now enter the room.
7. Wash and dry your hands thoroughly.

Documentation

The following information should be recorded in the resident’s medical record as necessary:

1. The date and time that the procedure was performed.
2. The name and title of the individual(s) who performed the procedure.
3. If and how the resident participated in the procedure.
4. How the resident tolerated the procedure or any changes in the resident’s ability to participate in the procedure.
5. Any problems or complaints made by the resident related to the procedure.
6. If the resident refused the procedure, the reason(s) why and the intervention taken.
7. The signature and title of the person recording the data.

Reporting

1. Notify the supervisor if the resident refuses the procedure.
2. Report other information in accordance with facility policy and professional standards of practice.

References

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<tr>
<th>MDS (RAPs)</th>
<th>G(1)(g); (RAP #5)</th>
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<td>Survey Tag Numbers</td>
<td>F241; F310</td>
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<tr>
<td>Related Documents</td>
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<td>Risk of Exposure</td>
<td>Blood–Body Fluids–Infectious Diseases</td>
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