

Slider Sheets – Teaching and Promoting Patient Independence

Instructions

A. Boosting up in bed:

Teach the patient to bend knees, place feet flat on the bed, grab the bed rails, and boost up in bed.

Trendelenburg positioning of the bed can provide gravity assist.

B. Adjusting the bed:

Teach the patient to raise the knee gatch **before** raising the head of the bed to prevent slipping back down the bed and improve the patient's comfort.

C. Turning into side lying:

Teach the patient to shift hips on the slider sheets, moving one hip under the other.

Instruct patient to grab the bedrails to assist with this movement.



Safety Points

Slider sheets can be used to promote and maintain patient positioning independence in four ways.

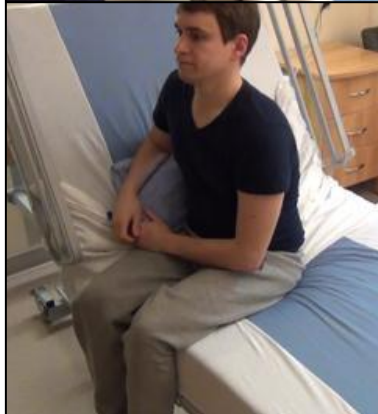
Emphasize that the patient **slides** their hips – **does not lift** their hips.

D. Sitting at the side of the bed

With the head of the bed raised, ask the patient to hold the bed rail to help push/pull self into sitting position.

Patient swivels on their buttocks to swing their legs over the side of the bed. The slider sheet facilitates this “swivel” motion.

If required, the caregiver can help to **rotate the patient’s legs** to the side of the bed.



The care giver **does not lift and/or lower** the legs; she is only facilitating the swivel motion of the buttocks. Gravity will assist in lowering the legs.

The jersey material at the side of the slider bottom sheet will prevent the patient from sliding off the edge of the bed.