

Chapter 17

DRESSING AND UNDRESSING

PROCEDURE FOR ASSISTING A CLIENT TO UNDRESS:

1. Wash your hands.
2. Gather necessary clothing.
3. Explain what you are going to do.
4. Provide privacy.
5. Provide assistive devices as per service plan.
6. Assist client from chair to the bed; if he is able, have the client sit on side of bed. If the client is unable, help him to lie down.
7. Remove shoes (if client is lying down).
 - a. Loosen shoelaces and pull tongue of the shoe forward and up.
 - b. Support ankle and slide foot out of shoe.
 - c. Store shoes in closet.
8. Remove stockings.
 - a. Fold stocking down to ankle.
 - b. Support ankle and slide stocking off foot.
9. Pullover sweater or shirt.
 - a. Loosen first (unzip/unbutton) and grasp the bottom of garment at back and pull to the neck.
 - b. Pull over head.
 - c. Pull garment off the arms.
10. Dress or shirt.
 - a. Loosen and remove the sleeve of the garment from the strong arm first.
 - b. If the client is lying down, roll client and tuck the half-removed garment under client.

- c. Return the client to back; turn him slightly in the opposite direction; grasp the garment and pull out.
 - d. Remove garment from weak arm.
 - e. Follow same sequence if client is sitting up.
11. Pants/underpants.
- a. Unfasten pants at waist and unzip.
 - b. Have client stand if able and pull pants down legs.
 - c. If the client is lying down, have him lift hips up and slip pants down over buttocks. If the client is unable to do this, roll client towards you, slip pants down over hip, then return client to back, roll to opposite side, and pull pants down over other hip.
12. Undershirt/slip is removed following the same steps as for pullover sweater/shirt.
13. Bra.
- a. Unfasten bra or assist client to unfasten bra.
 - b. Slip arms out of shoulder straps.
14. Hang clean clothes like sweaters in closet. Place soiled garments in appropriate container.
15. Wash your hands.
16. Record observations and report anything unusual to nurse/supervisor.