# Bed Level Toileting

Edited Video Transcript

Okay, helping someone toilet while they're in bed. Commonly, when I work at the hospital, individuals with spinal cord injury, for example, individuals who are a really heavy transfer. As we saw in the toilet-transfer video, it's typically a greater-to-above normal, right? So somebody who is independent, all of a sudden, they drop down to contact-guard assist when going to toileting. If somebody's contact guard, now all of a sudden, they're moderate. If they are moderate, all of a sudden, they're a Maximum. If they're total assist—oh no! Right? So typically, if somebody is going to require a Maximum Assistance-of-two for toileting at the toilet, that's probably not going to be therapeutic. It's probably going to be actually more work. They're going to probably be dependent-of-two. So having them in bed may be a simpler solution.

Changing a Brief in Bed The process: let's say that Emily is incontinent, needs a brief change. The other week we learned about spinal cord dressings. This is just the opposite, right. “I'm going to get this [pant string] untied. Relax. I’m going to bring this [pant leg] down.” Roll, bring this [other pant leg] down, and then we can now help Emily don a new brief. The brief is the same, but now the process is a little bit different. You're going to still use that rolling technique to help someone don a brief, but what you do to start with is you roll the brief to just about the midline [of the body], roll. I can then get this [brief] under her. “Have you roll, roll back.” The brief is perfectly placed. Then, you bring this brief up through the legs, and I can secure the brief. Then, we do the same process to bring the pants back up.

Hygiene is Important Back to point though—that entire process of hygiene while removing the brief is important to know and to think about. You have to be a little more careful, right, because it just it takes an extra step. “If you would actually throw me an extra brief, please. Yep, thank you.” Okay, so I'm going to come to this side of the bed so it'll be easier to see. I'm going to first, pull my tabs. I'm going to take the part that's between her legs and roll it up. this is going to contain any waste, right? So if Emily was incontinent, you obviously don't want to just start rolling her because that's just going to spread all that [waste] around making somebody to increased risk for a urinary tract infection (UTI), and it's just a dignity issue. So nice and tight. Now, roll it [the soiled brief] so it's secured under her legs, then I roll it away. With this hand, I'm keeping [the soiled brief] down, and I can pull it into a little package. Sometimes, it's easy enough that you can just yank it out, and you've got this nice self-contained unit that you can just toss in the trash can, right. Then you don the new brief.

Donning a New Brief The new brief, sometimes it doesn't work out that well. Most of the time it doesn't work out that well, just to be honest. So then, you go through the same process of rolling her to the side, taking your new brief, rolling it up. New brief goes underneath the old brief. Then, when we roll back, the old brief is on top, and the new brief is perfectly positioned, right. You can help them clean up.

Cleaning Up Through the entire process, you are cleaning. Generally, the steps are to bring the brief from the front. Clean the front. Usually, you'll use the hospital bathing wipes or baby wipes. Roll, clean again, always going front to back. Roll again, clean again. Sometimes, you'll need to re-roll to re-clean again. Have them go back, re-clean the front because the front is the area that I'm really concerned with for UTIs. Then, seal everything up. Bring the pants back up, go about your day.

Placing a Bedpan Second tool—bedpan. I mean optimally, we're going to be able to act before somebody's incontinent. So the process here is, again, you're going to help your client bring down the pants, bring down the brief, roll. Insert the bedpan so the high end is towards the legs because it wouldn't be very comfortable to sit on that. Position it to catch [waste]. Very often, it's more comfortable to put the head of the bed up, so the client is in a more seated position. Then when they are done, lay them flat, roll again. But, you want to be careful because if you just roll, yes, the bedpan tips and that becomes a mess, okay. Instead when you roll, there's always a hand down to secure the bedpan and keep it level, all right? Then you empty the bedpan into the toilet and wash it out.