Mosby's Nursing Video Skills

Procedure Guideline for Assisting with a Gown Change

1. Verify the health care provider's orders.
2. Gather the necessary equipment and supplies, and place them on the bedside table.
3. Perform hand hygiene.
4. Provide for the patient's privacy.
5. Introduce yourself to the patient and family if present.
6. Identify the patient using at least two identifiers, such as name and date of birth or name and account number, according to agency policy. Compare these identifiers with the information on the patient's identification bracelet.
7. Before changing the patient's gown, identify any mobility restrictions. Check the gown to see if it is wet or soiled.
8. Raise the bed to a comfortable working height. Lower the side rail closest to you. If needed, bring the patient toward the side closest to you. Help the patient assume a comfortable supine position, maintaining body alignment.
9. Place a bath blanket over the patient.
10. If necessary, apply clean gloves.
11. Remove the patient's gown or pajamas:
    A. If the gown has snaps, unsnap the sleeves and remove the gown.
    B. If the gown does not have snaps and if the patient has an injured extremity, reduced mobility or an IV line, begin removing the gown from the unaffected side first.
    C. If the patient has an intravenous line and the gown does not have snap sleeves, remove the gown from the arm without the IV first. Then remove the gown from the arm with the IV. If an IV pump is present, pause the IV fluid infusion by pressing the appropriate sensor on the IV pump. Before removing the tubing from the pump, remember to slow the rate down by using the roller clamp. If you do not slow the flow down, the patient may receive a large bolus of IV fluid while the tubing is off the pump. Remove the IV infusion bag and tubing, and slide through the arm of the patient's gown. Before rehanging the IV infusion bag, you may begin dressing the patient in a clean gown starting with the affected side. Rehang the IV infusion bag on the pole, and restart the IV fluid infusion by pressing the appropriate sensor on the IV pump. If the IV fluids are infusing by gravity, check the flow rate and adjust it to the prescribed rate, if necessary. **Do not disconnect the IV tubing to remove a patient's gown.**
12. Check the position and function of any external devices, such as a brace, an indwelling urinary catheter or a nasogastric tube.
13. Place the soiled gown in the linen bag. Do not allow the soiled linen to come into contact with your uniform. If needed, apply clean gloves.
14. Finish applying the clean gown, reversing the process of removing the gown.
15. To ensure the patient's safety, make sure the bed is in the locked, low position, with at least two, but no more than three, side rails raised. Make sure the patient is as comfortable as possible. Place toiletries and personal items within reach.

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16. Remove the bath blanket keeping the linen away from your uniform. Place it in the linen bag.
17. Place the call light within easy reach, and make sure the patient knows how to use it to summon assistance.
18. Dispose of used supplies and equipment. Leave the patient's room tidy.
19. Remove and dispose of gloves. Perform hand hygiene.
20. Document and report the patient's response and expected or unexpected outcomes if necessary.

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