

HOME CARE

GET READY!

If your loved one comes home to be under your care, ensure that you are aware of all underlying medical conditions. Depending on which part (or parts) of the brain was (were) damaged, your loved one may experience many medical issues. Educate yourself on these conditions to ensure the safety of your loved one. (See Resources Tab for more information.) Also educate yourself with regard to all of the equipment that will be sent home and learn how to use it. If your loved one is at home, it is important that he/she has their own space for quiet time, rest, and working one-on-one with therapists as well as you. Limit overstimulation. As shared, in the beginning your loved one will experience anxiety, as well as exhibit irrational and unsafe behavior. Your patient is not doing this on purpose, it is part of the natural process of rehabilitation. This time can be very difficult if you are a caregiver. Prepare yourself for sleepless nights, making tough choices (you may need to restrain your loved one), and lots of personal contact to keep your loved one safe. For example: Our loved one became so agitated that it was necessary to restrain his hands to prevent removal of his feeding tube and wound patches or wound pump (bedsore).

INSTRUCTIONS FOR MEDS!

Ensure that you know of all medications that your loved one needs to take. Know dosages and intervals of use. Set up a schedule, if you need to, so everyone in the family is on the same page. (See Resources.)

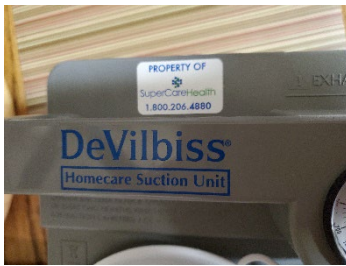
EQUIPMENT YOU MAY NEED!

Ensure that you know how to use all of the medical supplies and equipment that your loved one needs. (For example: Learn how to attach catheters for incontinence; Cleaning of feeding tubes and how to administer liquid food.)

[Equipment you may need or encounter:](#)

- Catheters, flexible tubes, are used to get fluids into the body or to drain fluids from the body.
- Feeding tubes, which give nutritional support.

- Machines which check vital signs and display them on monitors.
- Braces on arms and or legs to prevent body parts from locking up or developing atrophy from not being used.
- Soft braces to prevent a person tugging on tubes attached to the body. (This is a reflex at this stage.)
- Homecare suction unit
- Wheelchair
- Head support gear
- Medical Supply Area (depends on what is needed - see resources.)
- Baby Monitor



Hygiene/Dental Suction Unit



Hoya Lift



Hoya Sling

PREPARE YOUR LOVED ONE'S SPACE:

It is important that your loved one has their own space. You will need a storage area for therapy equipment and medical equipment.

MEDICAL BED AND SUPPLIES FOR SAME:

1. *A Medical Bed:* If a medical bed is needed, this will be prescribed by the releasing medical facility, and it is important to ensure that it arrives before your loved one comes home. This type of bed will usually have a manual or electronic system that allows for the bed to be lowered or elevated, as well as it provides for lifting of the head section, and/or foot section. The bed is usually on rollers. Ensure that you are aware of the bed's functionality, how



to use the mechanisms to position the bed for the patient, and who to contact if repairs are needed. (Current cost between \$800 and \$2000 depending on model.) Here is a video that may help you!ⁱ



Hospital Bed Assembly

52K views · 8 years ago

Gareth Owen

3:37 Like it up and again it works on the same principle of a hook and a button built that and we simply tilt the bed down at an angle.

<https://www.youtube.com/watch?v=MsyKhWPqn4g>

2. Mattress for Medical Bed: The mattress will also need to be prescribed by the releasing medical facility before your loved one comes home. If there are any special situations, such as bed sores, try to get a "Bariatric Alternating Pressure Low Air Loss Mattress". These are quite expensive (currently between \$1,500 and \$2,000), so a special prescription will be needed from a wound doctor. If you are using a bariatric-type mattress, make sure you learn how to use the control unit when it is installed. Her is an informational video, should you need it.ⁱⁱ



A Guide to your Low Air Loss Mattress

19K views · 3 years ago

Bay View Homecare

This video outlines how to set up and operate your Low Air Loss Mattress for maximum comfort.

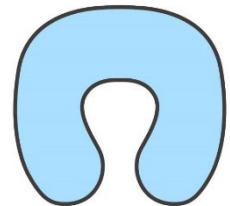
https://www.youtube.com/watch?v=U_uMHZXqjbU

3. Sheets for Medical Mattresses: Be aware that normal bed sheets (closest size is twin) do not fit the medical mattresses that usually come with the bed, especially if you have a need for a special mattress. These will also need to be preordered through a prescription from the releasing medical facility ahead of time. If you need additional sheets, you will most likely need to purchase them yourself (current cost about \$50.00). We opted to purchase "Full Size XL" sheets for a bariatric-type mattress (currently available for under \$15.00 online), and later "Twin XL" for a normal medical mattress (currently available

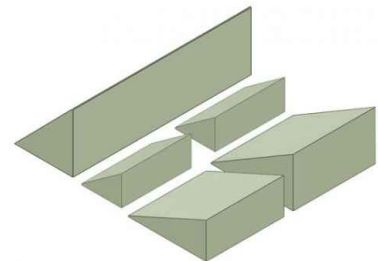
online for under \$10.00). Here is a chart that will assist with picking a fairly well-fitting sheet after measuring your particular mattress.



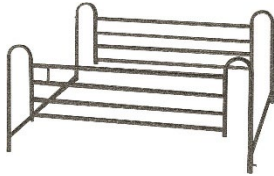
4. Medical Pillows: Depending on your loved one's physical condition, a normal pillow may not be sufficient to sleep on. If a special pillow is needed, this should be preordered via prescription from the releasing medical facility. There are a variety of pillows for different physical conditions. If you saw a special pillow at the medical facility, then this might give you a clue to ask for one. (Current cost anywhere between \$35 to \$350 depending on the pillow.) If you need extra cervical pillows (often required to sleep with a neck brace), a good alternative is a good quality neck pillow. (Currently available online for under \$20.)



5. Wedges: Wedges are often required to assist with the healing process of a variety of conditions. There are wedges for bedsores, for muscle atrophy, for elevation and circulation, and many more. (Depending on size and form, these wedges can be purchased online as well. They currently run anywhere from \$25 to \$170.) If you are using a less expensive wedge, which is often the case, it is recommendable to cover the wedge with an old pillowcase. Wedges that do not have a material cover to protect them will crack quite easily with heavy use.



6. Medical Bedrails: With TBI it is definitely recommended to have bedrails. As noted, before, patients will go through very anxiety filled, restless stages and will exhibit irrational behavior. Falling out of bed or trying to get out of bed on



their own is a very high concern. These should also be pre-prescribed by your releasing medical facility. Bedrails come in a variety of models. Full size rails, the most



restrictive to the patient, are placed under the frame of the bed. (Current cost between \$50 and \$200.) Partial rails can be attached to either side of the bed. (Current cost between \$70 and \$250.) We opted for the partial rails as we needed a lot of physical access to our loved one. In order to protect our loved one during anxiety filled nights, we later added a less invasive set of rails in addition to the partial bedrails, which could be lowered as necessary. These were the children's bed type rails that strap on to the bedframe below a mattress. (Currently available online for under \$45.) Here are some helpful videosⁱⁱⁱⁱ:



Hospital bed half rails installation and operation
9.8K views · 1 year ago
Central Medical Supply

<https://www.youtube.com/watch?v=xQIcrfvLLJo>

You can see here how our loved one's bedrails were changed around over time to fit different stages of the TBI.



HOYER BODY LIFT AND SUPPLIES:

1. Hoyer Lift: Some patients with physical impairments may not be mobile. In this case they will need to be provided with a body lift, commonly referred to as a "Hoyer", to assist caregivers with getting them in and out of bed, wheelchairs, and other seating arrangements. This is also an item that will need to be prescribed by the releasing medical facility, if needed. A body lift is designed to lift a patient up via a body sling that is hoisted into the air. The patient is then rolled to a new location while sitting in the sling, and then lowered to a new location. Body lifts come in a variety of styles, from lifts with a simple pneumatic pump mechanism, to lifts with a complete electronic lift system. A base model with a manual pneumatic pump system costs between \$600 to \$1,500, while a mechanized system runs upward from \$5,000. When your body lift arrives, ensure you receive a demonstration on how to properly use it and that it is authorized for the weight of the patient. You can also find more instructions in the Resources Tab. Here is a demonstrational video^{iv}:



Hoyer Lift

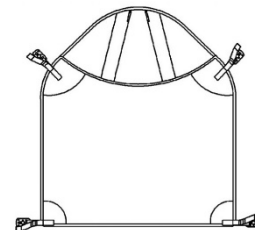
146K views • 4 years ago

Assisted Home Health and Hospice

0:07 The Hoyer lift allows patients to be transferred with. Lefort safety considerations for the Hoyer lift in the ...

<https://www.youtube.com/watch?v=QEyRlXaACOI>

2. Hoyer Lift Slings: Your body lift will usually come with one sling, which is the full body sling for all types of lifting. As the patient gets more mobile, you may need additional slings. For example, a sling for using a bedside commode. These are called "U-Slings" and can be purchased online. If you need additional slings, they are available online. (Currently between \$100 and \$300. Many sites sell them used.)



INTERMITTEND PNEUMATIC COMPRESSION EQUIPMENT

If recommended by your doctor, this should also be prescribed prior to your loved one coming home. This type of equipment is used to ensure proper blood flow for patients that are not very mobile, so blood clots do not develop. Ensure that you receive proper instructions on when and how to use it. (Cost: \$70 - \$300.) Here is a helpful video^v:



How to Use a Compression Pump for Leg Swelling

11K views · 6 months ago



Cancer Rehab PT

Pneumatic compression pumps and devices are used to treat and reduce swelling in an area of the body, for a wide range of .

<https://www.youtube.com/watch?v=LIq27wUin8Q>

SPECIAL CHAIRS

1. Bedside Commode: A bedside commode should be prescribed before your loved one comes home if there is difficulty with reaching a bathroom, or other limited mobility. Bedside commodes are also available online (\$35 to \$75.) A commode can also be used with a hooyer lift.



2. Sanitary Inserts for Bedside Commode: While a bedside



commode can be used without a liner, for obvious reasons, cleaning is much easier if a liner is used. Bedliners can be purchased online (current cost between \$9 to \$21), but we opted to purchase a supply of mall trash bags. They worked just as well at a fraction of the cost.

3. Shower Chair: If your loved one is mobile enough to shower, but needs a lot of assistance with this task, your doctor may prescribe a shower chair. This type of chair can also be used with a hooyer lift, if the bathroom is large enough for this apparatus. These type of chairs can resemble a small bench, but they can also include a transfer extension, if the bathtub is difficult to access. Your shower chair should have suction cups on the bottom of each leg to

securely attach to the shower or bathtub floor. There should be at least one rail to hold on to for additional assistance with balance. Shower chairs can be purchased online as well. (Cost is under \$40.) We opted for the type of chair that has the additional transfer section and very large suction cups to secure the chair tightly.



4. Wheelchair: If your loved one is not very mobile you will most likely be prescribed a wheelchair. There is a variety of wheelchairs, and it is important to ensure that the wheelchair is as functional for your loved one as possible. Patients will usually be sent home with a basic chair, or a basic comfort chair for those that have more special needs.



A basic wheelchair will have a low back, large back wheels for easy rolling, small front wheels, removable side panels, and footplates. (Cost currently \$125 - \$300 depending on model.)



A high back wheelchair will have the same features as a basic wheelchair, except having a higher back to support patients with support issues. (Cost currently \$250 - \$900 depending on model.)

A wheelchair with a headrest for individuals that need extra neck or head support. The headrest is usually an add-on to your regular wheelchair. (Current cost \$40 - \$350 depending on model.)



A reclining wheelchair which has all basic parts as previous wheelchairs but allows caregivers to assist with more severe mobility issues. This type of wheelchair has a back that can recline and footrests that can be elevated. (Current cost between \$355 to \$1,200 depending on model.)



If you need a more comprehensive wheelchair than the ones previously described, you will most likely need to contact an outside source, such as a company that provides special wheelchair assembly. The process here is that an evaluator will come and visit with your loved one to make an assessment and then submit a request to the medical insurance for coverage. (Cost of a custom fitted wheelchair currently ranges between \$5000 to \$10,000 depending on the patient's needs.)

Think about adding a folding/travel wheelchair if your loved one is mobile enough to travel. (Current cost is between \$180 and \$300 depending on model.)



5. Wheelchair Cushions: Basic wheelchairs come with very little added comfort. Remember that your loved one will spend a lot of time sitting and it will be hard on the buttocks. Some patients come home with bedsores, which creates added discomfort and concern. Discuss your loved one's needs with the releasing facility (case manager) and ensure that the prescription covers the proper needs.



A basic seat cushion is made of foam. (Current cost between \$10 and \$70 depending on model).

A wedge-shaped seat cushion. (Current cost between \$40 and \$70 depending on model.)



A contoured seat cushion. (Current cost between \$35 and \$300 depending on model.)



A gel seat cushion. (Current cost between \$50 and \$350 depending on model.)



A basic lumbar cushion. (Cost is currently between \$15 and \$70 depending on model.)



An airflow seat cushion. (Current cost between \$70 and \$500 depending on model.)

A contoured comfort lumbar cushion. (Current cost between \$50 and \$150 depending on model.)



6. Wheelchair Accessories: Wheelchair accessories are usually not covered by insurance unless they are medically necessary. Check with a doctor. Here are a few to consider depending on your loved one's mobility.

Clip-on tables or pads: (Current price range \$50 to \$250.)



Rolling tables: (Current cost between \$90 and \$300.)



Wheelchair backrest bags: (Current cost between \$12 and \$75 depending on style and model.)

Wheelchair side bags: (Current cost between \$5 and \$30.)



Wheelchair umbrella or canopy: (Current cost between \$9 and \$200.)



Wheelchair cup holder: (Current cost between \$12 and \$40 depending on model.)



Wheelchair ramps: Wheelchair ramps come in a variety of styles and sizes. Too many to list them individually. Fit the ramps to your needs. There are ramps to assist with door thresholds, ramps for travel, ramps to assist with getting in and out of vehicles, and many more. (Depending on your need, these may cost as little as \$50 and as much as \$6,000 if you need a custom-made ramp.) Here are some examples:



Wheelchair restraining harness: If your loved one needs to be restrained in the wheelchair to prevent a falling accident, then a special harness is available to assist with this. There are a variety of styles depending on your need. (Current cost \$15 to \$50, pending on style.)



HOMECARE SUCTION UNIT

If your loved one has problems with speech, then there may also be a problem with swallowing and aspiration (see Resources). If this is the case a homecare suction unit (also called Aspirator Suction Machine) may be needed to assist your loved one with oral hygiene. This type of unit is designed to remove fluids from the mouth after brushing teeth. Your type of machine would most likely be in a portable, lightweight format, not as you might have seen one at the hospital, which is a large apparatus. Portable machines come in a manual or electronic format. Your speech therapist (or pathologist) is responsible for diagnosing swallowing issues and will need to request a prescription prior to your loved one coming home. Individuals with swallowing problems have a high risk of choking. Suction units can also be purchased online. (Cost between \$95 and \$1,000 depending on model.) Learn more about using a suction unit here^{vi}: <https://www.portea.com/medical-equipment/suction-apparatus-use-work-process/>



Or you can watch the following video^{vii}:



Home suction instructions

7.8K views · 3 years ago

Lancashire Teaching Hospitals OD

All intellectual property rights, including copyright, in the content of this video are owned or controlled for these purposes by The ...

https://www.youtube.com/results?search_query=How+to+use+a+pulse+medical+suction+unit

TOILET SUPPLIES

Depending on your loved one's mobility, you may need some of the following devices. Your insurance may or may not approve these.



Safety Rails: A safety rail may be needed to assist with transferring to the toilet. It will also assist with balance issues once the patient is seated. (Average current cost is \$45.)

Raised Toilet Seat: A raised toilet seat can also assist with mobility issues as the patient does not have to lower as far as when accessing a normal height toilet. These come with or without lids and also in different heights. (Current cost between \$20 and \$70 depending on model and style.)



WALKING EQUIPMENT

Depending on mobility, your loved one may need some of the following walking equipment or it may be recommended for therapy. Check with your doctor for a prescription. Walkers fold for easy storage.



Basic walker: A basic walker provides stability when walking. It can also assist with standing movements out of a wheelchair. (Current cost between \$50 and \$100 depending on model.)

Hemi walker: A hemi walker allows the user to lean on just one side for support. (Current cost between \$50 and \$150 depending on model.)



Side walker: A side walker provides walking stability and assistance on one side of the body.



E-Walker: Also called "elevated walker" or "upright walker" for advanced mobility and walking. (Current cost between \$200 and \$500 depending on model.)





Walking cage: Walking cages come with pads and seats for patients that have a multitude of mobility and balance issues. (Current cost between \$600 and \$1,500 depending on model.)

MEDICAL SUPPLIES

Depending on your loved one's condition, these supplies may need to be carefully thought of and pre-planned. We discovered quickly that even though our



loved one was sent home with all sorts of medical supplies that were needed, as well as prescriptions were written for many supplies, we were still ill prepared. We had the basics covered but quickly needed to expand from there and had to create an actual "medical supply space" in our loved one's room for quick and easy access. As you can see from the photo, we had to dedicate four shelves of a large bookcase to these type of supplies, as well as an antique filing cabinet that we used for the small supplies. We also learned that bringing small items to and from the bed became very difficult, so we invested in a small rolling cart to assist with that.

Basic Supplies: These will most likely not be covered by insurance. Someone in your family may already have some of these. Sometimes they are available second hand at thrift stores or medical suppliers. For our situation, having all the basic necessities in one place, was very advantageous. We kept these items in a large square basket with a handle for quick retrieval. Remember, you will be in charge of your loved one's care, so your basic supplies should include supplies that provide information on the patient's vitals. Learn how to use all of these supplies if you don't already know how. You may ask yourself why you need all these things. The problem is that individuals with TBI are very fragile as their brain is still relearning basic functions. This includes regulating the pulse, breathing rates, temperatures (called brain fever - see the resources), bowel and bladder movements, swallowing, talking, etc. As a caregiver you need to be prepared to make quick assessments if you feel something is wrong. Basic supplies include the following:

1. *Pulse Oximeter:* A pulse oximeter measures blood oxygen levels and pulse by clipping on to a finger. A low level of oxygen saturation may occur with certain health conditions. (Current cost is between \$12 and \$90 depending on model.) To learn how to use a pulse oximeter you can go here^{viii}: <https://www.healthline.com/health/pulse-oximetry#how-it-works>



Or you can watch the following video^{ix}:



How To Use A Pulse Oximeter Correctly | Medcover Hospitals
3.1M views · 3 years ago

Medcover Hospitals

How to use a Pulse Oximeter. What is a pulse oximeter? A pulse oximeter is a device that is used to measure oxygen saturation ...

<https://www.youtube.com/watch?v=Y-CWTqKiIhQ>

2. *Blood pressure machine:* Blood pressure monitoring is an important element in evaluating general health and most diseases and conditions. A blood pressure machine is a device that automatically obtains and usually records the blood pressure at certain intervals, using the direct or indirect method of determining pressure. In some models, an alarm or light signal is activated if the pressure rises or falls to an abnormal level. (Current cost is between \$25 and \$65 depending on model.) To learn how to use a blood pressure machine you can go here^x:



<https://www.heart.org/en/news/2020/05/22/how-to-accurately-measure-blood-pressure-at-home>

Or you can watch the following video^{xi}.



How to Use Your Home Blood Pressure Monitor

344K views · 5 years ago

NACHC

One of the most accurate ways to measure your blood pressure is to do it yourself, outside of the doctor's office, in a comfortable ...

CC

<https://www.youtube.com/watch?v=OtGyRJxbYpQ>

3. *Thermometer*: To be safe, we would encourage you to use a digital infrared thermometer, and not one that is put in the mouth or rectum. TBI patients might actually hurt themselves with these due to cognitive issues. (Current cost is between \$15 and \$30 depending on model.) To learn how to use one of these correctly, you can go here^{xii}:



<https://timesofindia.indiatimes.com/most-searched-products/faq/how-to-use-an-infrared-thermometer-to-detect-fever/articleshow/83952469.cms>

Or you can watch the following video^{xiii}:



Step by step how to use infrared thermometer
147K views · 4 years ago

Jombeli Com

Website : oshbaby.com.my Facebook : oshbabycollection Shopee : oshbabycollection Lazada : osh baby collection Phone ...

https://www.youtube.com/watch?v=CZciw_6r7ZE

4. *Hydrogen Peroxide*: Hydrogen peroxide is used as an antiseptic for sterilization in cleaning hospital toilets, bathrooms, and ambulances. It can effectively kill the disease-causing microbes. It is also used for disinfecting medical and surgical equipment. For treatment of cuts and infections, prepare 3% hydrogen peroxide by diluting with water. Dip cotton, and use it for wiping the infected areas, and follow this procedure twice daily. It kills harmful microbes and heals the wound or infection^{xiv}. For more information you can read here: <https://sciencestruck.com/hydrogen-peroxide-medical-uses>

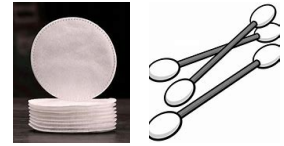


5. *Medical alcohol*: Within medicine it is used as an antiseptic, disinfectant, and antidote. They may be used both to disinfect the skin of the person and as hand sanitizer of the healthcare providers. Read here for more information^{xv}:

[https://en.wikipedia.org/wiki/Alcohols_\(medicine\)](https://en.wikipedia.org/wiki/Alcohols_(medicine))



6. *Cotton Pads and Cotton Swabs*: Used for application of medication, used with medical alcohol or hydrogen peroxide for disinfecting.



7. *Sanitary wipes*: Baby wipes work well and are less expensive than official "sanitary wipes". They are quite handy for any clean up situation related to medical assistance.



8. *Medical Cart*: A small rolling cart can hold all of your daily medical necessities. Having a cart will allow you to roll your supplies wherever needed throughout the home. We found this to be a great investment. (Current cost is between \$15 and \$60 depending on model.)



Wound care supplies: Wound care supplies will be dictated by what type of wound care is needed, if any. With bed sores it is necessary to have continual monitoring, and it might be necessary for a wound nurse to come into the home to administer proper medication and bandages. Take your cue from this professional and ask what you may need to learn to ensure the comfort of your loved one, as well as assist with speeding up the healing process. My husband became our "wound care specialist" as our loved one had a very large bed sore at the coccyx which needed continual care. In our case a wound nurse came in twice a week and our loved one had to see a wound doctor twice a month to record progress. We had a variety of bandages, salves, and tapes that were provided by an in-home-health provider via a prescription from the doctor. We were also trained on how to use a wound suction machine, which drained fluids from the wound on a 24/7 basis to promote healing. It took five months for the wound to heal. This is of course the worst-case scenario and many in-home care providers will not need to concern themselves with this matter. However, I wanted to mention it, just in case you are confronted with this issue.

Eating and / or G-tube and supplies: Your loved one may not be able to eat, and it may be necessary to provide nutrients and food through a g-tube. A Gastrostomy tube is a tube anchored into the stomach via a balloon which is filled at particular times with a syringe to provide liquid food to the body. If you need to use this method to feed your loved one, you will need to educate yourself on proper



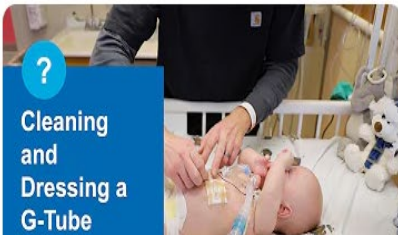
handling and cleaning of the G-Tube parts and equipment use for feeding. Follow your doctor's instructions on how much and how often to feed and provide water to the body. You may also need to administer medications through this tube. Make sure you are properly trained on how to use the G-tube system by a professional before your loved one comes home. There are many types of liquid food available and your doctor should advise you as to what would be the best choice for your loved one. This type of food requires a prescription and is ordered from a medical supplier. You can find some basic information here^{xvi}: <https://tubefed.com/new-to-feeding-tubes/adults/g-tubes/>

If you need refreshers or need to learn more about how to feed with a G-tube, as well as maintain the equipment, you can watch the following videos^{xvii}, ^{xviii}, ^{xix}, ^{xx}:



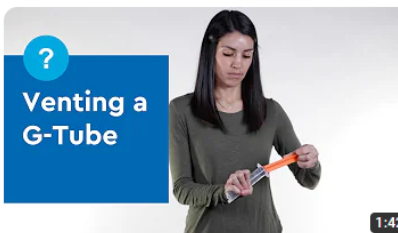
GI Tube #1
138K views · 8 years ago
Isabella Graham
Remember we now pH test for proper placement in a PEG/J tube. However you may see the technique of instilling air for NG ...
0:03 ... feeding uh checking residual flushing your your peg tubes or your feeding tubes how to administer meds through a feeding t...

<https://www.youtube.com/watch?v=QEVHapsLFSI>



G-Tube Education: Cleaning and Dressing a G-Tube
36K views · 2 years ago
Children's Hospital Colorado
Having a child who has a feeding tube can create a lot of questions for parents, and maybe even some apprehension.
CC

<https://www.youtube.com/watch?v=w9j0OAC-TmU>



G-Tube Education: Venting a G Tube
22K views · 1 year ago
Children's Hospital Colorado
Having a child who has a feeding tube can create a lot of questions for parents, and maybe even some apprehension.
CC

<https://www.youtube.com/watch?v=fJzm5MJTqGA>



Gastrostomy Tube Medication Administration

125K views • 6 years ago

Julie Sulinski

7:38 ... extra port and as a feeding can run through this way now if you didn't have a feeding if the patient does tend to gastrostomy tube ...

<https://www.youtube.com/watch?v=ajbVNSRr1hg>

INCONTINENCE SUPPLIES

Many TBI patients take a while to re-learn how to control bowel and urinary movements. This can present some challenges! There are a variety of supplies that are needed. Some insurance companies will cover the cost for some of the basic necessities, some will not.

Bed pads: Bed pads have a waterproof layer and are available in different sizes, thicknesses. They are designed to protect mattresses. We found these to work very well. (Current cost between \$10 and \$30 depending on size and style.)



Chucks: Chucks also have a waterproof layer but they are disposable. They come in a variety of sizes and thicknesses. They are also designed to protect mattresses, but can also be used for wheelchairs and other furniture. We found these to be very effective for travel and wheelchair use. They also worked well when changing wound bandaging or feeding through the G-Tube. We purchased a large quantity of a large size, thinner chucks from a medical supply which was much less expensive than buying them at a pharmacy and used them above the bed sheet as an additional layer. (Cost between \$12 and \$20 for a set of 50 depending on style.) We also used a smaller size for the wheelchair, G-Tube feeding, and other things. This may sound odd, but we purchased "dog training pads" which are the exact same thing, except less expensive, and actually a better quality. (Cost between \$12 and \$25 for 100 depending on style.)



Urinal bags: Our loved one was quite immobile for a long time so we used a lot of urinal bags. We experimented with a variety of them and found that the ones with narrow tubes do not work well and overflow easily. We would recommend purchasing the ones with less narrow tubes which do not restrict flow, as well as using the ones that have an air flow pump button, and a reflux tower. The air pump button can be used to push urine through the tube if there is lack of flow. The reflux tower prevents urine from reentering the tube and backing up. These are a little more expensive than a basic urine bag, but in the long run they prevented a lot of extra messes. (Current cost between \$4.00 to \$11 depending on model.)



Urinal bag supplies: Even with the best urinal bags, chucks, and bed pads, accidents will happen. We found a few things that helped lessen the impact and made clean up much easier.

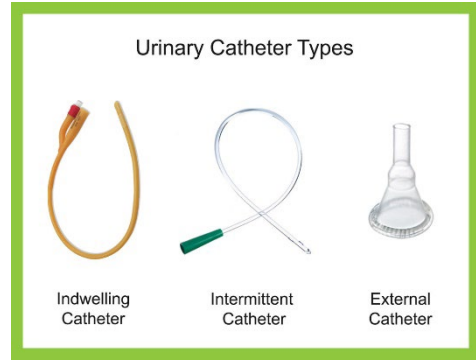
- For a protective layer around your urinal bag, consider placing it inside of a 1-gallon plastic bag that can be zipped shut. You can get these at the Dollar Store where one box of them currently costs \$1.49.
- There are also bag holders available for extra protection which can also be used to better secure the bag on a bed. (Current cost around \$9.00.)
- Plastic basket/bucket for added protection. Also, a Dollar Store find at \$1.49.



We used all three of these items, by first putting the urine bag in the zippered plastic bag and then in the bag holder. In the beginning we fastened the bag holder to the bed, but as our loved one became more mobile, this proved to be a hinderance and we laid the bag into a plastic basket next to the bed.



Urinary catheters: There are a variety of urinary catheters. Because our loved one is a male, we opted for the least invasive method, which was to use an external catheter, so we do not have any experience with the other type that females might need to use. External catheters come in latex or a bendable plastic, as well as either pre-glued or not. Pre-glued catheters adhere well and can be reused by washing them with soap and hot water. At that point they become the type that need a catheter adhesive. However, considering that the cost of one catheter is currently anywhere between \$1.75 and \$3 each, we chose to wash ours and get as many uses out of them as possible. In the beginning we went through 4 to 5 changes a day. You can watch this video to help you decide.^{xxi}



External Catheter Options
18K views · 3 years ago

Courtney Caton

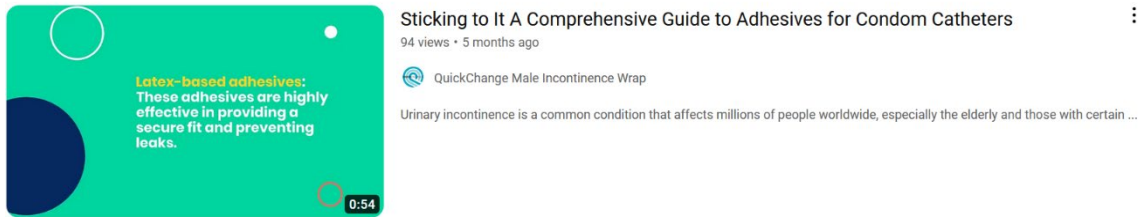
0:00 Hey guys we're going to talk about the external male and female catheter options that we have in the department so the first one ...

<https://www.youtube.com/watch?v=DcWJFmboBYY>

External Catheter Adhesives: Adhesives come in a variety of forms from tape to glue, to adhesive spray. We discovered that catheter tape was very cumbersome to position correctly and therefore discontinued using it. (Current cost between \$25 and \$40 for a set of 50 depending on style.) Catheter glue comes in a small bottle with a small brush applicator. Though silicone based, it was very difficult to use, as well as we used either too much, or not enough. (Current cost \$40 to \$75 for a 3oz bottle.) We did not try the velcro type strap for catheters this did not seem very secure to us. (Current cost \$5 to \$7 each.) We opted for adhesive body spray. This is a silicone based spray that is used in medical applications, or for protesticts. It creates a sticky rubber barrier that works well to hold the catheter, as well as it seals to prevent leaks. Clean up is also very easy. This one of the more expensive options, but one bottle gave us up to 200



uses. (Current cost between \$20 to \$100.) The following video may help you decide:^{xxii}

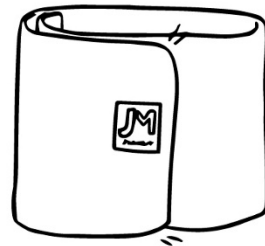


https://www.youtube.com/watch?v=yW_HZU3Iq8w

External Catheter Security Strap: We Found it helpful to use a strap to secure the urine bag tube to leg, once it was attached to the external catheter. This helped prevent accidents with the tube coming out of the cath. We had seen these types of straps used in the hospital. (Current cost about \$5.00 for a set of 4.) After a



while it became easier to use stretchy medical wrap with a Velcro closure. These are wider and cover a larger area to hold the tube securely. These were the short compression type (also available at the Dollar Store).



Urinal Bottles: Urinal bottles

can be used for female or male patients, as well as daily use or travel, once your loved one has the mobility to use them. We found that the bottles that sit on the ground and use a funnel with a tube worked the best for us because the funnel was easy to manipulate for our loved one. Handheld urinals became cumbersome to use, as one of had to hold it for our loved one in the beginning. (Current cost \$1.50 to \$15 depending on style.)



Urinal Bottle Ready Bag: Once our loved one became more mobile and spent more time with the rest of the family and not in bed, we found it very helpful to create a "urinary ready bag". This enabled us to have everything ready we needed and it was portable. We used a plastic bag with holes and lined it with a chuck. This provided protection if the urinal bottle had any problems. Also included in the bag were an additional chuck for body protection, hand sanitizer, medical gloves, and a roll of toilet paper. The bag was a Dollar Store Find.



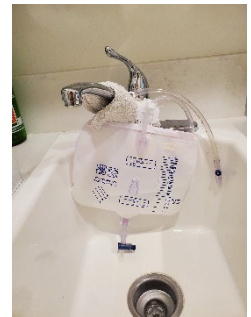
We created a second bag for travel that remained in the trunk of the vehicle.

Cleaning Urinary Supplies: Of course, all of the urinary supplies have to be cleaned on a daily basis. We used a 1/3 bleach, 2/3 water solution for cleaning some of items. Some of the cleaning solution was placed into the urinary bag, urinary bottle, as well as the tubes and then these items were filled with additional water and left to soak.

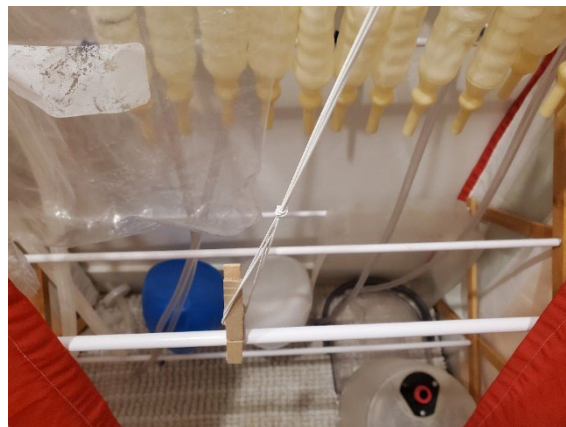
For inserting the cleaning solution into the urinary bags, we used a



a small bottle with a very small nozzle which fit into either the end of the tube or the valve. (Dollar Store find.) Once soaked the items were rinsed and hung to dry. External catheters were washed in hot soapy water and also hung to dry. To make things easier, we created a drying station. This was fashioned from a small drying rack with several levels



for hanging. The rack was partially covered with a curtain (left-over material we had) for esthetic reasons and we used clothespins for hanging items (Dollar Store product.)





Briefs: Briefs will give additional protection for urinary mishaps, as well as defecation. We found that the briefs sold at pharmacies and grocery stores were highly over-priced and early on started ordering them online from a medical supplier. They have to, of course, be bought in larger volumes this way. The benefit is that they also have a much more varieties to pick from as well and they are usually unisex. (When buying in bulk, many options are available, the cost per brief can be as low as \$.75.)



Transferring from bed to commode with hoyer: I shared information on how to use a hoyer in an earlier section. But, here I want to address how to use the special sling and how to complete a transfer to a commode chair. You can use this video you train yourself^{xxiii}:



<https://www.youtube.com/watch?v=ytnj9RjF6Zc>

Transferring from bed to a bedside commode: If your loved one is more mobile there is also the possibility that you will be faced with transferring your loved one to a commode without the hooyer. Here are some videos that show proper technique, depending on mobility^{xxiv}; ^{xxv}; ^{xxvi}; ^{xxvii}.



Sit to Sit Bed to Bedside Commode

46K views • 3 years ago

The WALDONgroup

Sit to Sit transfer from bed to bedside commode using a slide sheet. This patient is able to comprehend and cooperate and is able ...

<https://www.youtube.com/watch?v=DPksvXhLY1U>



SMART Slide Sheet Sit to Sit Transfer

48K views • 10 years ago

MedCo Technology

Sit to sit transfer from bed to bedside commode, this patient is able to sit on the side of the bed unsupported and maintain balance, ...

place both hands directly on the bed surface | ensure stability during the transfer | remove the slide... 3 moments

<https://www.youtube.com/watch?v=ZNqCEqfII8k>



Toilet Transfers

10K views • 3 years ago

Abbey Such

https://www.youtube.com/watch?v=HYd9_HqDiZU



Transfer Training Course

266K views • 6 years ago

Tracy Huffman

Description.

THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER | Wheelchair Setup | Donning a Gait Bel... 24 chapters

<https://www.youtube.com/watch?v=1WxoWefo7gQ>

This video has a section that refers to a "Gait Belt". This is a heavy-duty belt that can be used to assist with lifting and transferring a person. (Current cost between \$9 and \$20.)



HYGIENE

Hygiene can be very difficult to deal with if your loved one is bed-ridden or has serious mobility issues. If you have to bathe your loved one in bed, you will need several supplies. If your loved one is more mobile and can be transferred from a wheelchair, then the shower chair can be used to shower the patient. Dental hygiene will also need some special thought if there are mobility issues.

Inflatable bathtub: An inflatable bathtub works very well. It can be set on top of the bed and your loved one can be lifted into it with the hooyer. (Current cost between \$35 and \$500, depending on model.)



Inflatable shampoo basin: Though the inflatable bathtubs are great to bathe your loved one, it might prove difficult to wash the hair. This depends on mobility. If you find it is too difficult, you can use an inflatable shampoo basin. (Current cost between \$15 and \$35.)



There is also a method to wash a patient in bed without these supplies. Here is a video to show you how^{xxviii}:



Full Bed Bath

101K views • 8 months ago

Open RN Project

This is an instructor demonstration of a nursing skill discussed in the free Nursing Assistant OER textbook. This textbook can be ..

CC

<https://www.youtube.com/watch?v=j5GYMOvjtk>

Bedding and chuck hygiene - It will be necessary to you to learn how to use proper technique to turn your loved one in bed to remove soiled chucks, bed pads, and sheets. This technique should be shown to you by a professional before your loved



Linens Changes (with Patient in Bed)- Nursing Skills

66K views • 1 year ago

NURSINGcom w/ Jon Haws, RN

Linens Changes (with Patient in Bed)- Nursing Skills FREE Nursing School Cheat Sheets at: <http://www.NURSING.com> Get the full ...

Linens Changes (in-bed)

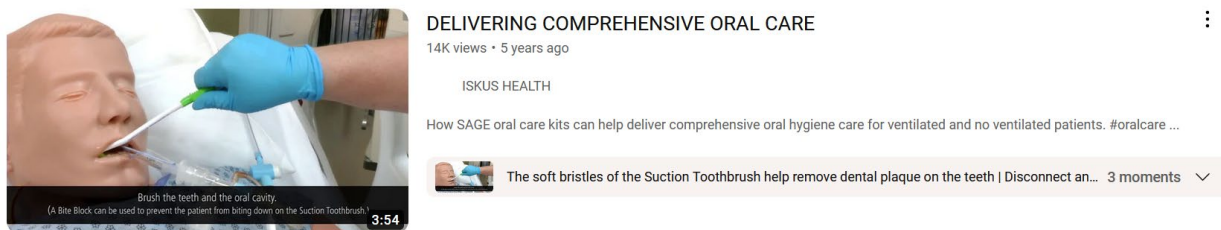
Nursing Skills

4:20

one comes home. But, if you need further assistance, or a refresher, here is a video to help you with that^{xxix}.

https://www.youtube.com/watch?v=_NvNypTKYJE

Dental hygiene: In an earlier section, we introduced you to the suction machine that can be used to remove liquids from the mouth if there are swallowing problems. This is called Dysphagia. (See resources.) This machine is perfect for removing liquids from brushing teeth. If the patient does not have enough mobility to brush teeth and complete oral hygiene, then the caregiver will need to handle this task. Here is a video that can help with learning how to do this.^{xxx}



<https://www.youtube.com/watch?v=671uYTHpalI>

Some items you will need which normally use as well:

- Toothbrush or suction toothbrush (current cost \$17 to \$90 depending on model).
- Toothpaste.
- Dental floss sticks.
- Interdental brushes.
- Mouthwash
- Oral Swabs. (Current cost about \$25 for a case of 250.)
- Supply pod to hold supplies while you can't. We really liked silicone style pods with suction pads. They were able to stand scurely on the rolling tray and held items like toothbrush, swabs, picks, until we used them. (Currently between \$5 and \$8.)



BABY MONITOR

To make life a little less hectic, we chose to use a baby monitor to listen in and be able to watch over our loved one when needed. Our loved



one followed typical TBI patterns and slept a lot during the day. Having a monitor meant we did not have to go into our loved one's room unless necessary. We also used it at night. (Current cost between \$25 and \$220 depending on model and type.)



-
- ⁱ Gareth Owen. 2015. "Hospital Bed Assembly". YouTube. Retrieved September 21, 2023. <https://www.youtube.com/watch?v=MsyKhWPqn4g>
- ⁱⁱ Bay View Homecare. 2020. "A Guide to your Low Air Loss Mattress". YouTube. Retrieved September 21, 2023. https://www.youtube.com/watch?v=U_uMHZXgjbU
- ⁱⁱⁱ Central Medical Supply. 2022. "Hospital Bed Half Rails Installation and Operation". YouTube. Retrieved September 21, 2023. <https://www.youtube.com/watch?v=xQlcrfvLJo>
- ^{iv} Assisted Home Health and Hospice. 2019. "Hoyer Lift". YouTube. Retrieved September 21, 2023. <https://www.youtube.com/watch?v=jLetizMjNHg>
- ^v Cancer Rehab PT. 2023. "How to Use A Compression Pump for Leg Swelling". YouTube. Retrieved September 21, 2023. <https://www.youtube.com/watch?v=Llg27wUin8Q>
- ^{vi} Portea Heal at Home. 2023. "Suction Apparatus And Its Uses". Portea Heal at Home. Retrieved September 22, 2023. <https://www.portea.com/medical-equipment/suction-apparatus-use-work-process/>
- ^{vii} Lancashire Teaching Hospitals OD. 2020. "Home Suction Instructions". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=llbjMrleU5w>
- ^{viii} American Heart Association. 2023. "Monitoring your Blood Pressure at Home". Heart Org. Retrieved September 22, 2023. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>
- ^{ix} Medcover Hospitals. 2020. "How To Use A Pulse Oximeter Correctly". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=Y-CWTqKilhQ>
- ^x American Heart Association. 2020. "How to Accurately Measure Blood Pressure at Home". Heart Org. Retrieved September 22, 2023. <https://www.heart.org/en/news/2020/05/22/how-to-accurately-measure-blood-pressure-at-home>
- ^{xi} NACHC. 2018. "How to Use Your Home Blood Pressure Monitor". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=0tGyRJxbYpQ>
- ^{xii} Harshit Mansukhani. 2021. "How To Use An Infrared Thermometer Accurately To Detect Fever?". The Times of India. Retrieved September 22, 2023. <https://timesofindia.indiatimes.com/most-searched-products/faq/how-to-use-an-infrared-thermometer-to-detect-fever/articleshow/83952469.cms>
- ^{xiii} Jombeli Com. 2019. "Step by Step How To Use Infrared Thermometer". YouTube. Retrieved September 22, 2023. https://www.youtube.com/watch?v=CZciw_6r7ZE
- ^{xiv} Science Struck. 2023. "Medical Uses Of Hydrogen Peroxide". Sciencetruck.com. Retrieved September 22, 2023. <https://sciencetruck.com/hydrogen-peroxide-medical-uses>
- ^{xv} Wikipedia Commons. 2023. "Alcohols (Medicine)". Wikipedia.org. Retrieved September 22, 2023. [https://en.wikipedia.org/wiki/Alcohols_\(medicine\)](https://en.wikipedia.org/wiki/Alcohols_(medicine))
- ^{xvi} Avanos. 2023. "G Tubes for Adults". TubeFed.com. Retrieved September 22, 2023. <https://tubefed.com/new-to-feeding-tubes/adults/g-tubes/>
- ^{xvii} Isabella Graham. 2015. "GI Tube 1". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=QEVHApLSFI>
- ^{xviii} Children's Hospital Colorado. 2021. "G-Tube Education: Cleaning and Dressing a G-Tube". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=w9j0OAC-TmU>
- ^{xix} Children's Hospital Colorado. 2022. "G-Tube Education: Venting a G-Tube". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=fJzm5MJTgGA>

-
- ^{xx} Julie Sulinski. 2018. "Gastronomy Tube Medication Administration". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=ajbVNSRr1hg>
- ^{xxi} Courtney Caton. 2020. "External Catheter Options". YouTube. Retrieved September 22, 2023. <https://www.youtube.com/watch?v=DcWJFmboBYY>
- ^{xxii} Quick Change Male Incontinence. 2023. "Sticking to It A Comprehensive Guide to Adhesives for Condom Catheters". YouTube. Retrieved September 22, 2023. https://www.youtube.com/watch?v=yW_HZU3lq8w
- ^{xxiii} Yearstar. 2022. "Transfer Patient from Bed to Toilet with Toilet Sling". YouTube. Retrieved September 23, 2023. <https://www.youtube.com/watch?v=ytnj9RjF6Zc>
- ^{xxiv} The Waldon Group. 2020. "Sit To Site Bed To Bedside Commode". YouTube. <https://www.youtube.com/watch?v=DPksvXhLY1U>
- ^{xxv} Medco Technology. 2013. "Smart Slide Sheet Sit to Sit Transfer". YouTube. September 23, 2023. <https://www.youtube.com/watch?v=ZNgcEqfI8k>
- ^{xxvi} Abby Such. 2020. "Toilet Transfers". YouTube. Retrieved September 23, 2023. https://www.youtube.com/watch?v=HYd9_HqDiZU
- ^{xxvii} Tracy Huffman. 2017. "Transfer Training Course". YouTube. Retrieved September 23, 2023. <https://www.youtube.com/watch?v=1WxoWefo7gQ>
- ^{xxviii} Open RN Project. 2023. "Full Bed Bath". YouTube. Retrieved September 23, 2023. <https://www.youtube.com/watch?v=j5GYMOvjtk>
- ^{xxix} Nursingcom w/Jon Haws. 2022. "Linen Changes (With Patient in Bed) – Nursing Skills". YouTube. Retrieved September 23, 2023. https://www.youtube.com/watch?v=_NvNypTKYJE
- ^{xxx} Iskus Health. 2018. "Delivering Comprehensive Oral Care". YouTube. September 23, 2023. <https://www.youtube.com/watch?v=671uYTHpall>