Mobility 4.3: Sit to Sit Bed to Bedside Commode

If the patient is able to sit on the side of the bed unsupported for five seconds, but is not able to stand, caregivers may utilize a drop arm bedside commode to assist the patient with toileting needs.

First, place the bedside commode near the foot of the bed, remove the side rail, and ensure the commode is slightly lower than the bed mattress. If a gap exists between the commode and bed, bridge the gap using folded bed linen or a pillow. Take a single slide sheet fold it in half, instruct the patient to lean toward the side away from the commode, and tuck the slide sheet under the patient's bottom and thigh. Ensure the patient is able to place her hand on the mattress surface, not on the slide sheet. Instruct the patient to slowly scoot her bottom on the slide sheet towards the edge of the mattress near the commode.

Instruct the patient to lean forward as she scoots towards the commode, do not allow the patient to lean back while seated on a slide sheet. The caregiver may need to adjust the slide sheet as the patient scoots to assist with the transfer. Once on the commode, instruct the patient to lean to the side, remove the slide sheet and return the armrests.

The commode is placed at the foot of the bed so that if needed, the caregiver may assist with cleaning. While standing behind the commode, instruct the patient to lean from side to side. It is not possible for a caregiver to assist with cleaning while standing in front of the patient and the commode. When working with a patient of size, the caregiver may instruct the patient to lean onto the mattress to gain better access for cleaning.

When transferring back to bed, remove the armrest of the commode and bridge the gap between commode and bed just as before. Take a single slide sheet, fold it in half and tuck it under the patient’s bottom and thigh, just at the edge of the commode. Be careful not to place the slide sheet in the commode.

Ensure the best is slightly lower than the commode and the patient is transferring downhill, assist the patient near the hip or pelvis to transfer from commode to bed.