



11 / Bedmaking

Vocabulary

To prepare yourself for the class, look in a dictionary for the words or phrases you do not already know.

bedsore

cart

laundry hamper

linen

nap

precaution

smooth

stain

adjust (the head of the bed)

change sheets

go directly into

raise (the foot of the bed)

remain in bed

take a (little) nap

a couple (of)

as soon as

by the way

especially

on my way back

I'll get out of the way.

Is now a good time?

It won't take me long.

It's best to ...

It's just a precaution.

Speaking of ...

Find them!

Find and mark the vocabulary in the dialogue.

Bedmaking

▶ Track 11

Nurse Stacy comes to change Melissa's bed.

S → Nurse Stacy M → Melissa

S Hi Melissa. I'm here to change your sheets. Is now a good time?

M Sure, but another nurse just changed my sheets yesterday.

S I know. We change all of the beds every day in this hospital. It won't take me long.

M Okay. If you help me into that chair, I'll get out of the way.

S Thank you. Here you go. Are you comfortable?

M Yes, I'm fine.

S Good. I'm just going to change these sheets now.

M Why are you putting on gloves?

S Well, there's* some blood stains here on the sheet, so it's just a precaution.

M Oh, that must be from my IV.

S No problem.

M You can put the dirty linens on the floor over here.

S Thanks, but they need to go directly into the laundry hamper in the hallway.

M Oh, okay. By the way, where are the clean linens kept? I think I need extra blankets.

S The clean linen cart is next to the nursing station. I'll bring you a blanket on my way back.

M Well, maybe you should bring me a couple? I'll put them back tomorrow if I don't need them.

S As soon as linen leaves the cart it can't be put back. It's best to take only what you need. I'll be back in a minute with fresh linens.

M Okay.

S Now, here we have a whole set of fresh, clean sheets for you.

M Thanks. Actually you don't have to smooth them out so much. I don't mind if they're a little wrinkled.

S Smooth sheets prevent any bedsores. That's especially important for patients who must remain in bed.

M I see. Speaking of beds, may I get back into mine now? I feel like taking a little nap.

S Of course. I'll adjust the head of the bed, and raise the foot of the bed for you. Isn't it better?

M Much better.

S Sweet dreams!



* It's now common to use the contraction "there's" for singular and plural objects.

Comprehension Practice



True or False

Mark the statements True (T) or False (F):

- 1 Nurse Stacy changed Melissa's sheets yesterday, too.
- 2 Melissa asks for two blankets.
- 3 People put extra blankets back in the linen cart if they are still clean.
- 4 Melissa sits in a chair while the nurse changes the sheets.
- 5 Melissa doesn't want the nurse to adjust the bed for her.
- 6 It's getting late and Melissa is ready for bed.



Multiple Choice

Answer the questions by circling the correct choice:

- 1 Where does the blood on the sheets come from?
 - a. Melissa's IV.
 - b. Melissa's incision.
- 2 Where does the nurse put the dirty sheets?
 - a. On the floor by the chair.
 - b. In the hallway hamper.
- 3 Why does the nurse smooth the sheets?
 - a. Melissa doesn't like them wrinkled.
 - b. To prevent bedsores.
- 4 Where are clean linens kept?
 - a. Next to the nursing station.
 - b. Next to the laundry room.
- 5 Why does Melissa ask to get into bed?
 - a. She wants to try the new sheets.
 - b. She wants to take a nap.
- 6 When does the nurse put on gloves?
 - a. When she changes the sheets.
 - b. When she helps Melissa to the chair.



Vocabulary Exercise

Fill in the blanks with the following words. Double check your answers with the class. Mark your corrections with a color pen.

nursing laundry stain linen cart hallway precaution smooth
wrinkled bedsores adjust remain nap a couple of especially

- 1 Will you please put these sheets in the hamper outside this door?
- 2 I needed blankets last night to help me keep warm.
- 3 Ask your nurse if you need fresh from the cart.
- 4 Let me know if you need me to your bed. Both the head and foot of the bed are adjustable.
- 5 One of these sheets has a on it, I think it's blood. Be sure to put gloves on as a
- 6 Ring your call bell if you want something. I'll be at the station down the hall.
- 7 Have you taken a today? It's important for you to get plenty of sleep.
- 8 The bathroom is just down the to your right.
- 9 You will only have to in bed for a day or two, then you can get up and walk.
- 10 After I these sheets for you, I'll get a clean blanket from the for you.
- 11 My sheets underneath are a bit, can you fix them for me?
- 12 A clean and smooth sheet is always a good precaution against



Patterns and Drill

Practice these sentence patterns by applying them to different situations; either use the words provided or your own words.



Examples

I'm here to change your sheets. Is now a good time?

clean, room
give you, shot
take, vital signs

We change all of the beds every day in this hospital.

clean, toilets
bathe, patients
mop, floors

You can put the dirty linens on the floor over here.

dirty dishes, counter
clean towels, shelf
hot water, table

Thanks, but they need to go directly into the laundry hamper.

clean linen cart
medicine drawer
tub room

I'll bring you a blanket on my way back.

something to drink
your lunch
a nice magazine

When linen leaves the cart, it can't be put back.

medicine, cabinet
syrup, bottle
food, kitchen

Smooth sheets are especially important for patients who must remain in bed.

wheelchairs, cannot walk
quiet rooms, have sleeping problems
IV drips, are unconscious

Conversation Practice

Fill the blanks with the appropriate phrases. Then role-play these dialogues with a classmate until you are familiar with them.

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|---|---|
| (a) Since you have to remain in bed, it will help prevent bedsores. | (d) After I eat, I think I will take a little nap. |
| (b) Would you like it raised or lowered? | (e) I remembered to wear gloves for changing the bed. |
| (c) Thank you. My sheets were getting a bit wrinkled. | (f) Down the hallway there in the linen cart. |

- 1 A ▷ Can you raise the head of my bed for me?
 B ▷ That's a good thing to do before I bring you lunch.
 A ▷
 B ▷ Let me know and I will adjust the bed again.

- 2 A ▷ Please go change the sheets in Room 23.
 B ▷ Where do I find fresh linens?
 A ▷
 B ▷ I'll do that as soon as I'm finished here.

- 3 A ▷ Hello, is now a good time to change your sheets?
 B ▷ Yes, it is. I'll get out of your way.
 A ▷ I'll help you into the chair over here.
 B ▷

- 4 A ▷ Where do I put these stained sheets?
 B ▷ There is a laundry hamper over there.
 A ▷
 B ▷ That's a good precaution to take.

- 5 A ▷ After you smooth my sheets, can you adjust my bed?
 B ▷
 A ▷ Please raise the foot of the bed a little bit.
 B ▷ How about the head? Do you like it raised, too?

- 6 A ▷ It won't take me long to change these sheets for you.
 B ▷ You don't have to smooth them down so much.
 A ▷
 B ▷ Oh, I see. You know what's best.



Retell the Story

The main purpose of this exercise is to help students report a given incident with correct information. Fill in the blanks with appropriate verbs. Use the verb given in parentheses but change it to the correct tense.

After lunch on Tuesday, Nurse Stacy went in to change the sheets on Melissa's bed. Melissa was (surprise) to find out that in this hospital, the sheets (will) be changed every day. The nurse assured her that it wouldn't take very long. She helped Melissa into a chair and (make) sure she was comfortable.

The nurse (notice) some blood stains on the bed, so she put on gloves as a precaution. After the nurse (take) off the dirty linens, she put them directly into the laundry hamper that was in the hallway.

Melissa (ask) for a couple of extra blankets because she might feel cold at night. The nurse told her she'd bring her one for now, because blankets cannot be put back into the clean linen cart afterward, even if they haven't been (use).

When Melissa saw the nurse spending a lot of time (smooth) down the new sheets, she told the nurse that she didn't mind her bed being (wrinkle) a little. But the nurse (tell) Melissa that since she had to remain in bed most of the time, smooth sheets were important to prevent bedsores.

After the nurse was done with the sheets, she (assist) Melissa back into bed, and adjusted her bed so she would be comfortable for her afternoon nap.



Listening and Pronunciation Practice

Three students make a team. Divide the dialogue into three sections. For each section, two students role-play the dialogue while the third student practices taking dictation. Take turns so each student has a chance to do each role once. When finished, swap your notes for a spelling check.

Role-play by (the nurse) and (the patient):

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Writing Exercise

Based on the dialogue, summarize the steps Nurse Stacy takes to change the sheets.

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