

Fitting and removing a pad- complex needs

- *Changing bed to be at the correct height for the adult to work at- around waist height. One foot should be under the bed.*

Adult should avoid reaching beyond the ends of their toes and should not be able to feel any pressure in their lower back.

- Lower clothing- if unable to do when child is lying on back roll from side to side. Encourage child to roll to the side or support at hip and shoulder if help is needed.
- Undo sticky tabs on pad and fold them back on themselves
- Push the pad down and between the legs, clean genital area
- Tuck one side of the pad under the child and then roll to that side
- Remove the pad
- Clean bottom
- Make the clean pad into a banana shape
- Push the pad through the legs and line the back of the pad up with the top of the pelvis
- Tuck the edge of the pad underneath the child
- Roll the child onto their back
- Ease the edge of the pad out.
- Fan the front of the pad out and check the elasticated liners are untucked
- Fasten the pad and pull up the clothing.

Fitting and removing a pad if the child can bridge or stand

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Bridging (Non-weight bearing child who can lift up their hips whilst lying on the changing bed):

- Lower the clothing
- Undo the pad
- Remove the pad and clean
- Refit the pad
- Reposition the clothing

Standing (child who is able to weight bear):

- ***Adult to sit on a small chair so that they are not bending down***
- ***Feet should be placed in a wide foot stance with knees bent around the child, so that the adult is not putting their spine out of balance.***
- Where possible the child holds onto wall bars or leans on a changing bed
- Clothing lowered- encourage child to help if possible.
- Pad undone and removed
- Clean pad fitted
- Reposition the clothing