

## Chapter 19

### TUB BATH AND SHOWER

#### PROCEDURE FOR A TUB BATH:

1. Gather necessary equipment.
2. See that the bathroom is free from drafts; preferably 75°-80° F.
3. Ensure that the bathtub and bath chair (if used) are clean. If needed, clean the tub and chair with a cleaning solution and rinse according to the in-home provider's policy.
4. Place a nonskid mat, towel, or tub chair in the bathtub.
5. Place a bathmat or towel on the floor next to the bathtub.
6. Explain what you are going to do.
7. Wash your hands and put on gloves if needed.
8. Offer toileting.
9. If the client desires to undress in his room, provide privacy and assist the client to undress and put on his robe and slippers.
10. Ambulate or transfer by wheelchair to the bathroom.
11. Fill the bathtub with 105° F water at least half-full and check water temperature on the inner surface of your forearm.
12. Assist the client to remove robe and slippers or undress if he has not already done so.
13. Assist client into the tub according to in-home provider's procedure.
14. Assist the client as needed in washing. If client is unable to help, start with eyes then wash face, ears, neck, arms, hands, chest, abdomen, and back. Ask client if he wants soap used on his face.
15. Rinse with warm water.
16. Wash legs, feet, and in between toes. Rinse with warm water and discard the washcloth in a laundry basket.
17. A shampoo may be given at this time. Cover the client's hair with a towel after shampoo is completed.

18. Ask or assist the client to turn slightly to one side. Wash peri area from front to back and discard the washcloth in a laundry basket.
19. Assist the client out of the bathtub and cover him with a towel. Place a towel around his hair if it is wet.
20. Drain the bathtub.
21. Remove and discard gloves if used.
22. Uncover the client one area at a time and pat dry with a towel.

**CAUTION: ONCE A TOWEL HAS BEEN USED TO DRY AN AREA BELOW THE WAIST, IT SHOULD NOT BE USED ON AN AREA ABOVE THE WAIST.**

23. Apply powder or lotion and deodorant if applicable.
24. Assist the client with dressing.
25. Help the client to the room of his choice and assist with any personal care such as shaving, nail care, and hair care.
26. Make the client comfortable.
27. Return to bathroom, remove soiled articles, and clean the bathtub.
28. Wash your hands.
29. Record observations and report anything unusual to nurse/supervisor.