

Chapter 18

BED BATH

PROCEDURE FOR A COMPLETE BED BATH:

NOTE: EQUIPMENT FOR ORAL HYGIENE, SHAVING, HAIR, AND NAIL CARE IS NEEDED ONLY IF SUCH CARE IS BEING COMPLETED AT THIS TIME.

CAUTION: IF NECESSARY FOR THE CLIENT (PER SERVICE PLAN), ELEVATE THE SIDE RAILS WHEN LEAVING THE BEDSIDE.

1. Gather necessary equipment.
2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. Provide privacy.
5. Offer bedpan/urinal then empty, clean, and put it away.
6. Remove gloves and discard in appropriate container. Wash hands. Put on clean gloves.
7. Place client in supine position near the side of the bed nearest you.
8. Un-tuck bed linens.
9. Remove bedspread and blanket; fold and place on chair if reusing; otherwise, place in laundry basket.
10. Cover top sheet with a large towel. Ask the client to hold the towel in place; if unable, tuck under client's shoulders.
11. Remove top sheet without disturbing the towel and place in laundry basket at bedside.
12. Remove client's gown or pajamas.
13. Fill bath basin 2/3 full of warm water (115° F). Check temperature with inner aspect of arm.
14. Place a towel across the client's chest.
15. Wet washcloth and squeeze out excess water. Make a washcloth mitt.
16. Wash eyes first. Start at inner corner and work out. Use different area of washcloth for each eye. Don't dangle the ends of the washcloth.

NOTE: DO NOT USE SOAP ON OR NEAR THE CLIENT'S EYES.

17. Wash, rinse, and dry face, ears, nose, and mouth.

NOTE: ASK THE CLIENT IF HE WANTS SOAP USED ON HIS FACE.

18. Wash, rinse, and dry neck.

19. Expose arm farther from you; place towel under arm up to axilla.

20. If the client is able, place a basin of water on the bed and immerse client's hand in water and wash.

21. Wash and rinse far shoulder, axilla, arm, and hand.

22. Remove the basin and dry the client's arm, shoulder, and hand.

23. Repeat steps 21-23 with arm closer to you.

24. The In-Home Aide may perform fingernail care at this time.

25. Place towel across chest.

26. Wash and rinse chest and breasts while lifting towel.

27. Dry skin thoroughly.

28. Keep chest covered with towel.

29. Wash, rinse, and dry abdomen.

30. Change bath water in basin. Obtain a clean washcloth.

31. Expose the farther leg; flex (bend) leg and place bath towel lengthwise under the leg up to the buttocks.

32. Wash and rinse leg and foot.

33. Dry leg, foot, and in between toes.

34. Repeat steps 32-34 on leg nearer you; cover client with bath blanket.

35. May perform toenail care at this time.

36. Place the towel and washcloth in a laundry basket and get clean ones.

37. Change bath water in basin. Obtain a clean washcloth.

38. Ask or assist the client to turn on his side with back towards you.

39. Fold a towel over the client's side to expose his back and buttocks; place clean towel parallel to client's back.
40. Wash, rinse, and dry the client's back and buttocks.
41. Give backrub using warmed lotion.
42. Turn client to back; place clean towel under buttocks.
43. If client is able, provide wash cloth, soap, and towel and instruct him to wash and dry peri area.
44. If the client is unable, wash peri area from front to back.
45. Place dirty linen in appropriate container.
46. Remove and dispose of gloves. Wash hands.
47. If client did own peri care, provide fresh water for client to wash hands.
48. Apply warmed lotion and deodorant as needed.
49. Put clean clothing on client without exposing him.
50. Remove, clean, and store equipment.
51. Wash your hands.
52. Make the client comfortable.
53. Record observations and report anything unusual to nurse/supervisor.

NOTE: LINENS ARE USUALLY CHANGED WHEN THE BED BATH IS COMPLETED, USING THE PROCEDURE FOR OCCUPIED BED MAKING.

Chapter Review

1. What are the four purposes of bathing?
2. What is the difference between a complete bed bath and a partial bed bath?
3. What are specific measures related to giving a bed bath?
4. How do you give a complete bed bath according to proper procedure?