

Chapter 19

TUB BATH AND SHOWER

PROCEDURE FOR A SHOWER BATH:

1. Gather necessary equipment.
2. See that bathroom is free from drafts, preferably 75°-80° F.
3. If a shower chair is used, ensure that it is clean. If necessary, clean the chair with a cleaning solution and rinse according to the in-home provider's policy.
4. Place a nonskid mat in shower stall if client is standing during shower.
5. Explain what you are going to do.
6. Wash your hands and put on gloves if needed.
7. Offer toileting.
8. If the client desires to undress in his room, provide privacy and assist client to undress and put on his robe and slippers.
9. Ambulate or transfer client by wheelchair to the bathroom.
10. Assist client to remove robe and slippers or undress if he has not already done so; transfer client to shower chair.
11. Turn on the shower and adjust water temperature (95°-105° F). Direct water spray away from client while adjusting. Flow rate should be gentle. Check water temperature on inner surface of your forearm.

NOTE: KEEP THE SHOWER SPRAY DIRECTED TOWARD THE CLIENT'S BODY SO HE WILL STAY WARM DURING THE SHOWER.

12. Assist the client as needed in washing. If he is unable to help, start with the eyes then wash face, ears, neck, arms, hands, chest, abdomen, and back. Ask the client if he wants soap used on his face.
13. Rinse with warm water.
14. Wash legs, feet, and in between toes. Rinse well with warm water; discard washcloth in a laundry basket.
15. A shampoo may be given at this time; cover client's hair with a towel after shampoo is completed.

16. Ask or assist client to turn slightly to one side. Wash peri area from front to back and discard the washcloth in a laundry basket.

NOTE: WASH FEMALE LABIA AREA FROM FRONT OF CHAIR; WASH ANAL AREA FROM UNDER CHAIR.

17. Turn off shower and cover client with a towel; place towel around hair if wet.
18. Assist the client out of shower.
19. Remove and dispose of gloves.
20. Uncover client one area at a time and pat dry.

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

21. Apply powder, lotion, and deodorant, if applicable.
22. Assist with dressing.
23. Help the client to the room of his choice and assist with any personal care such as shaving, nail care, and hair care.
24. Make the client comfortable.
25. Return to bathroom, remove soiled articles, and clean the shower chair per in-home provider's policy.
26. Wash your hands.
27. Record observations and report anything unusual to the nurse/supervisor.

Chapter Review

1. What key points should you follow while giving a tub bath?
2. What key points should you follow while giving a shower?
3. What observations can you make during a tub bath or shower?
4. How do you give a tub bath according to proper procedure?
5. How do you give a shower according to proper procedure?