

TOPIC: BATHING

1. Bathing helps keep skin healthy and prevents skin problems.

Bathing:

- a. Cleanses the skin of perspiration, dirt and germs.
 - b. Increases circulation to the skin.
 - c. Promotes resident comfort and well being.
2. Consideration is given to a client's preferences and condition when determining the type, time and frequency of bathing. clients may choose to bathe before bedtime or in the morning, according to their habits. Types of baths include:
- a. **Complete Bed Bath** - given to a client who is weak or unable to leave the bed and includes washing the resident's entire body.
 - b. **Partial Bath** - bathing certain parts of the body between complete baths or to provide comfort; involves washing the face, hands, underarms, and then perineal area.
 - c. **Tub Bath** - relaxing method of bathing for a client who can tolerate sitting in water.
 - d. **Shower** - taken by a client who is strong enough to move or be moved. Clients may prefer to use a shower chair in the shower.

3. During bathing, observe and report any of the following:

- a. Color changes of the lips, skin, nail beds and whites of the eyes.
- b. Rashes, dry skin, bruises, broken skin, reddened areas, abnormal skin temperature.
- c. Drainage, bleeding, complaints of pain or itching.
- d. Excessive hair loss.

4. Perineal care means cleaning the genital and anal area to prevent

b. Check water temperature before client checks it. ISDH regulations state that the water temperature at the point of use must be maintained between 100 – 120^o F. Recommended bath temperature is approximately 105^o F.

c. Follow Standard Precautions when performing perineal care or when bathing a client with skin lesions or rashes.

- d. Always help a client in and out of a tub or shower to prevent falls.
- e. Dry client's skin by patting with a towel which decreases friction and prevents skin breakdown.
- f. Never leave a client unattended in a bathing room.
- g. Wash from cleanest to dirtiest.
- h. Observe and report unusual findings to the nurse.
- i. Clean incontinent clients every time urine and/or feces touch the skin.
- j. Offer client backrub after bathing and at bedtime to stimulate circulation and relieve stress.
- k. Apply lotion to dry skin if requested.
- l. Clean tub, shower and shower chair before and after each use.
- m. Always check each client's skin during bathing.

ADDITIONAL DEFINITIONS:

Preferences – personal likes and dislikes **Drape** – cover; flannel blanket put over resident to maintain privacy and warmth **Nail Beds** – base of a nail **Bruise** – discoloration of skin due to injury **Lesion** – infected or broken patch of skin **Bedridden** – confined to bed

infection and odor and improve the client's comfort. Perineal care is a routine part of a complete bed bath. Perineal care may be necessary between baths, especially for incontinent residents, residents with diarrhea and clients with skin irritation and/or discharge. When performing perineal care:

- a. Provide privacy and dignity.
- b. Follow Standard Precautions. Clean from front to back.
- c. Clean catheter from meatus out.
- d. Retract and clean foreskin of uncircumcised male.
- e. Separate and wash labia of female.
- f. Provide for comfort (warm water, handle genitals carefully, rinse well).

5. Back rubs should be offered after a bath and before bedtime to keep skin healthy and prevent skin breakdown. Back rubs stimulate circulation and relieve tension. Bedridden clients need back rubs more often to stimulate circulation.

- a. Use lotion to reduce friction. Warm lotion in hands before applying to client's skin.
- b. Keep your nails short to prevent injury.
- c. Check skin for unusual findings before beginning back rub.
- d. Use good body mechanics.
- e. Use long, smooth strokes up spine from lower back to shoulders to relax muscles.
- f. Use short, circular strokes down sides of back from shoulders to lower back to stimulate circulation.

6. LNA's role:

- a. Provide for the client's privacy and encourage the client to do as much as possible to promote independence.