

# Basic Patient Care: Bathing Curriculum



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## About the Author



Kasey Carlson has been a Registered Nurse for 17 years. She holds a Master's degree in Nursing Education from the University of Wisconsin – Eau Claire and has been teaching associate degree nursing for over 11 years. She also has a second Master's degree in Learning Design and Technology from San Diego State University. Ms. Carlson specializes in healthcare simulation curriculum design.

## Basic Patient Care: Bathing Curriculum

This curriculum and accompanying Manikin will help students learn about bathing a patient.

### Curriculum Structure

The *Basic Patient Care: Bathing Curriculum* is composed of the following parts. Approximate times are included.

| Lesson | Title                              | Approximate Time |
|--------|------------------------------------|------------------|
| One    | FOCUS: Empathy                     | 10 minutes       |
| One    | LEARN: Bathing Slide Presentation  | 20 minutes       |
| One    | SUMMARIZE: Practice and Assessment | 30 minutes       |
|        | <b>Total</b>                       | <b>1 hour</b>    |

# Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps and approximate class time.

## Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below.

### ***FOCUS***

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information, or a demonstration. During this activity, participants are introduced to the topic of the lesson.

### ***LEARN***

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

### ***SUMMARIZE***

The majority of lessons end with a SUMMARIZE activity intended to briefly review the lesson's key messages or main points.

# Lesson One – Basic Patient Care: Bathing

## Lesson Overview

*In this lesson, students will learn about how to properly bathe a patient.*

## Lesson Objectives

After completing this lesson, participants will be able to:

- Identify guidelines for safe bathing
- Describe how bathing older adults differs from younger patients
- Demonstrate proper bathing technique

## Pre-Lesson Knowledge

- How to safely move a patient
- Position terminology
- Basic asepsis

## Lesson at a Glance

| Activity  | Materials                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Preparation                                                                                                                                                                                                                     | Approximate class time |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| FOCUS     | <ul style="list-style-type: none"><li>• <i>Basic Patient Care: Bathing (Focus on Empathy)</i> worksheet</li><li>• <i>Basic Patient Care: Bathing (Focus on Empathy) Instructor Resource</i></li></ul>                                                                                                                                                                                                                                                                                                                                                                                                    | 1. Print/photocopy <i>Basic Patient Care: Bathing (Focus on Empathy)</i> worksheet (one per participant)                                                                                                                        | 10 minutes             |
| LEARN     | <ul style="list-style-type: none"><li>• <i>Basic Patient Care: Bathing</i> slide presentation</li><li>• Geriatric Nursing Manikin</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1. Prepare <i>Basic Patient Care: Bathing</i> slide presentation for viewing                                                                                                                                                    | 20 minutes             |
| SUMMARIZE | <ul style="list-style-type: none"><li>• <i>Basic Patient Care: Bathing Check-Off Instructor Resource</i></li><li>• <i>Basic Patient Care: Bathing Check-Off</i> worksheet</li><li>• <i>Basic Patient Care: Bathing Quiz</i></li><li>• <i>Basic Patient Care: Bathing Quiz - Answer Key</i></li><li>• Geriatric Nursing Manikin</li></ul> Supplies: <ul style="list-style-type: none"><li>• Bath wipes or washcloths/soap/2 basins</li><li>• Towels</li><li>• Bath blanket</li><li>• Laundry bag</li><li>• Patient gown</li><li>• Hand sanitizer or access to soap/water</li><li>• Clean gloves</li></ul> | 1. Print/photocopy <i>Basic Patient Care: Bathing Check-Off</i> worksheet (one per participant)<br>2. Get the supplies ready for the lesson<br>3. Print/photocopy <i>Basic Patient Care: Bathing Quiz</i> (one per participant) | 30 minutes             |

Instructor Note: For SUMMARIZE activities, the instructor may choose to have students complete both or one of the two activities. FOCUS activity may also be completed prior to class.

## Lesson One - Basic Patient Care: Bathing

# FOCUS: Empathy

**10 minutes**

**Purpose:**

To help students develop awareness of patient focused care.

**Materials:**

- *Basic Patient Care: Bathing (Focus on Empathy) worksheet*
- *Basic Patient Care: Bathing (Focus on Empathy) Instructor Resource*

**Facilitation Steps:**

1. Distribute the *Basic Patient Care: Bathing (Focus on Empathy) worksheet* prior to or at the start of the class.
2. Have the *Basic Patient Care: Bathing (Focus on Empathy) Instructor Resource* page available.
3. Have students read through the information and complete the worksheet.
4. Have students pair up upon completion and share answers.

# Basic Patient Care: Bathing (Focus on Empathy) Instructor Resource

**READ** the following:

The nurse turns to you and says, “Go clean up Mr. Allen. He had an accident again.” When you enter, Mr. Allen is laying in bed, clearly upset. “I am so sorry. I put my light on and it was too late. I feel so bad that you have to keep cleaning me up. I wish I was strong enough to get up myself.” You see that there is a large amount of loose feces on the bed and Mr. Allen. The smell is so foul that you want to gag.

**REFLECT** on the situation

Putting aside the fact it is your job, how do personally feel about cleaning up another person?

*Answers will vary but encourage students to be honest.*

How would you reply to Mr. Allen?

*Answers will vary. Replies should be professional and therapeutic.*

How would you feel if you were Mr. Allen?

*Answers will vary. “Embarrassed” will be common.*

**SHARE** your thoughts with a peer

Name: \_\_\_\_\_ Class: \_\_\_\_\_

## Basic Patient Care: Bathing (Focus on Empathy)

**READ** the following:

The nurse turns to you and says, “Go clean up Mr. Allen. He had an accident again.” When you enter, Mr. Allen is laying in bed, clearly upset. “I am so sorry. I put my light on and it was too late. I feel so bad that you have to keep cleaning me up. I wish I was strong enough to get up myself.” You see that there is a large amount of loose feces on the bed and Mr. Allen. The smell is so foul that you want to gag.

**REFLECT** on the situation

Putting aside the fact it is your job, how do personally feel about cleaning up another person?

How would you reply to Mr. Allen?

How would you feel if you were Mr. Allen?

**SHARE** your thoughts with a peer

## Lesson One – Basic Patient Care: Bathing

# LEARN: Bathing Slide Presentation

20 minutes

### Purpose:

Participants will learn about considerations during bathing and the proper procedure surrounding it.

### Materials:

- *Basic Patient Care: Bathing* slide presentation
- Geriatric Nursing Manikin

### Facilitation Steps:

1. Share the following information with students as you show the slide presentation.

#### Slide 1: Introduction Slide

**Slide 2:** Bathing has many therapeutic benefits. It can remove sweat and oil that builds up on the skin when patients are ill. Bathing with soap or chlorhexidine wipes can reduce a wide spectrum of gram-positive and gram-negative bacteria, including Methicillin-resistant *Staphylococcus aureus* (MRSA). The act of firmly wiping the skin increases circulation which is important in preventing complications.

Besides these benefits, bathing is also a time for socialization and demonstration of care. Patients feel more self-worth if you are improving their appearance. When conducting a bath, be sure to note the skin's color, texture and temperature. Assess for any potential skin breakdown.

**Slide 3:** Complete baths are used for patients who must remain in bed. Partial baths are focused on areas of the body that may cause discomfort if not washed. These include the hands, face, axilla, back and perineal area. Sometimes patients have conditions such as burns or skin disorders that require special therapeutic baths. These baths may require a provider's order. For patients who are ambulatory or able to sit in a shower chair, showering is the preferred method. It is important to monitor the patient for fatigue and make sure he or she is safe. Tub baths can be

used for independent patients or those patients that require a Hoyer lift. These baths can provide more thorough bathing than a complete bath.

**Slide 4:** Before bathing a patient, you should be aware of possible variables that affect hygiene practices. The patient's financial status may influence the extent of hygiene practiced. Education may need to be provided to those patients that choose to be unclean or lack hygiene knowledge to maintain cleanliness. Be therapeutic in your communication and do not convey feelings of disapproval.

Patients preferences of when to bathe and what to use will differ. Be as accommodating as possible. Be aware of the patients' ability to care for themselves. Some conditions will require full cares from you. Also, be aware of cultural beliefs surrounding touch, closeness of opposite sex and timing of bathing.

**Slide 5:** Older adults have fragile, thin skin. They tend to be chilled during baths. Due to limited mobility, the older adult may require more assistance with cares such as perineal washing. Decreased circulation and some conditions cause decreased sensation of the hands and feet. This makes it difficult for the patient to determine water temperature and can lead to burns. Due to the decrease in sweat and oil secretions, you should check on the type and frequency of bathing. Most elderly do not have daily showers. Also use lotions to rehydrate the skin and barrier creams to prevent skin breakdown especially if the patient is incontinent.

**Slide 6:** There are two main options when bathing a patient. They can be bathed with soap and water or with bath wipes. As you can see, there are clear differences between them. It is important to note that wipes replace bathing. Use of soaps and lotions with wipes will

deactivate the Chlorhexidine. Do not save, reheat, or reuse the wipes.

*Discuss the differences. Ask students why one would be used over the other.*

**Slide 7:** Besides these supplies, you may also want to provide nail/hair care, oral care and complete a linen change at this time.

**Slide 8:** When discussing the procedure, allow patient to have choices in cares. For example, would the patient prefer soap on face or not. Ask if they need to use bedpan/urinal/bathroom since the procedure can stimulate the urge to void.

**Slide 9:** If using soap and water, one basin will be designated as your wash basin with soap in it. The other basin is your rinse basin. You will be changing the water in these so only put in a few washcloths at a time. Make sure the water temperature is appropriate and put on clean gloves.

**Slide 10:** During the bathing, the patient will be covered with a bath blanket. You remove the linens and pillow to keep them dry. If you plan on replacing the linens, you can place the linens in a laundry bag otherwise just place them at the foot of the bed.

**Slide 11:** To fold the washcloth into a mitt, wrap one edge of the cloth around your palm and fingers. Wrap the other edge of the washcloth around your hand and hold it in place with your thumb. Finally, tuck the top edge of the washcloth under the edge that is in the palm of your hand.

*Demonstrate forming a mitt*

**Slide 12:** For the eyes, do not use soap or bath wipes. Wipe from inner to outer canthus using a different part of the washcloth for each eye. Rinse the washcloth and ask the patient preference on using soap on face. If using soap, you must rinse using a washcloth in the rinse basin and dry with a towel. If the pinna of the ear is still unclean, a cotton tip applicator can be used externally.

*Demonstrate cleaning of the eyes and face*

**Slide 13:** This is the general bathing order for soap and water as well as wipes. It is important

to note that bathing moves head to toe from clean to dirty. For example, the fingers are cleaner than the axilla. After cleaning perineal area, the water in the basins need to be changed and new gloves need to be put on.

Multiple washcloths or wipes may be used if the area is quite soiled.

**Slide 14:** Use long and firm strokes to increase circulation and not tickle the patient.

Clean between fingers and toes. If completing nail care as well, you may also soak them in the basin.

Skin folds that have moisture can be a site of skin breakdown or yeast infections. It is important to dry these areas and sometimes apply cream or powder. Also, look at bony prominences such as the elbows, heels and coccyx. These can be areas of pressure sores.

When doing pericare, place towel under buttocks to keep bottom linen dry. When cleaning the back, place towel lengthwise on bed along back.

When refilling the basins, put the waste water down the stool or hopper as to not contaminate the sink with micro-organisms.

**Slide 15:** When completing perineal care, make sure you are providing privacy. Cleaning follows the rule of clean to dirty with “dirty” being the rectal area. Females are best positioned with legs bent and apart while males can be supine. Be gentle in cleaning and make sure you are cleaning between skin folds. For every stroke, use a different portion of the washcloth.

*Demonstrate perineal care*

**Slide 16:** If your patient had a recent bowel movement, clean most of the feces up with toilet paper. Wash buttocks first and then the rectal area. Make sure you are not contaminating a clean perineal area. Use multiple washcloths or wipes. Make sure you rinse and dry if soap is used. Barrier cream can be applied at this time.

**Slide 17:** Avoid reaching and bending over the bed. Raise the bed to working height and move to other side of bed when needed. Avoid

## Basic Patient Care: Bathing Curriculum

leaning over an area that is already clean. If you lowered a rail or raised the bed, make sure you put the bed back to a safe position.

When bathing the arms and legs, support the extremity at the joints. Be careful not to hyperextend.

Remember your infection control basics. Work clean to dirty and replace gloves when indicated. Wash your hands before gloving and after removing gloves. Dispose of wastes appropriately.

Once the bath is finished, replace patient's gown and linens.

**Slide 18:** After washing the patient's body, make sure any tubes connected to the patient are also cleaned.

**Slide 19:** Most bathing documentation is found under Activities of Daily Living (ADLs) or a patient care chart. Abnormal skin conditions should be charted separately and reported.

## Lesson One - Basic Patient Care: Bathing

# SUMMARIZE: Practice and Assessment

30 minutes

### Purpose:

Participants will practice bathing on models and then complete a quiz to assess mastery.

### Materials:

- *Basic Patient Care: Bathing Check-Off Instructor Resource*
- *Basic Patient Care: Bathing Check-Off* worksheet
- Geriatric Nursing Manikin
- *Basic Patient Care: Bathing Quiz*
- *Basic Patient Care: Bathing Quiz - Answer Key*

### Supplies:

- Bath wipes or washcloths/soap/2 basins
- Towels
- Bath blanket
- Laundry bag
- Patient gown
- Hand sanitizer or access to sink
- Clean gloves

### Facilitation Steps:

1. Give students the *Basic Patient Care: Bathing Check-Off* worksheet.
2. Access the *Basic Patient Care: Bathing Check-Off Instructor Resource*. Following the steps on the check-off page, demonstrate bathing on the model.
3. Following the steps on their *Basic Patient Care: Bathing Check-Off* worksheet, have students practice bathing on the model.
4. Hand out the *Basic Patient Care: Bathing Quiz* to students. Give them a couple of minutes to complete it.
5. Have students self-check or peer check their answers as you share them from the *Basic Patient Care: Bathing Quiz - Answer Key*

# Basic Patient Care: Bathing Check-Off

## Instructor Resource

### **PREPARATION:**

Supplies:

- Bath wipes or washcloths/soap/2 basins
- Towels
- Bath blanket
- Laundry bag
- Patient gown
- Hand sanitizer or access to soap/water
- Clean gloves

After demonstration, have students practice bathing on the models using the following steps:

**Optional:** Evaluate the student's ability to complete bathing using the following steps. May score via points or satisfactory/unsatisfactory.

|     |                                                                                                                                                                                                                     |  |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 1.  | Gather supplies needed (bath wipes or washcloths/towels/soap/basins, bath blanket, patient gown, gloves, laundry bag)                                                                                               |  |
| 2.  | Knock, enter room and provide for privacy                                                                                                                                                                           |  |
| 3.  | Identify yourself with name and title (student nurse, etc.)                                                                                                                                                         |  |
| 4.  | Wash your hands with sanitizer or soap/water                                                                                                                                                                        |  |
| 5.  | Identify patient by asking name and date of birth; verify this information                                                                                                                                          |  |
| 6.  | Explain the procedure to the patient and ask if they have any questions                                                                                                                                             |  |
| 7.  | Ask patient if he/she needs to use a bedpan, urinal, or bathroom                                                                                                                                                    |  |
| 8.  | Arrange supplies on table (including filling one basin 2/3 full of warm water and soap and the other 2/3 full of warm water if not using wipes); place a few washcloths in each basin; place towels next to basins. |  |
| 9.  | Wash hands and put on clean gloves                                                                                                                                                                                  |  |
| 10. | Raise bed to proper working height, place patient in semi-fowlers position and lower side rail                                                                                                                      |  |
| 11. | Place bath blanket over patient on top of linens; hold blanket as you remove the top linens; remove the linens and place in linen bag if changing linens or keep at foot of bed                                     |  |
| 12. | Remove patient's gown while keeping patient covered with bath blanket                                                                                                                                               |  |
| 13. | Remove pillow and place patient in semi-Fowlers position                                                                                                                                                            |  |
| 14. | Form a mitt with the washcloth in water basin and squeeze out excess water                                                                                                                                          |  |
| 15. | Clean around patient's eyes using a different portion of cloth for each eye; wipe from inner canthus to outer cantus; dry eyes with towel; place used linens in linen bag                                           |  |

| Follow the instructions above based on the method of bathing; multiple washcloths and wipes may be used depending on the level of cleanliness; below is the order |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|                                                                                                                                                                   | <b><u>Bathing with Soap and Water</u></b>                                                                                                                                                                                                                                                                                                                                                                                                                      | <b><u>Bathing with Wipes</u></b>                                                                                                                                               |  |
|                                                                                                                                                                   | <ul style="list-style-type: none"> <li>Expose only area to be washed</li> <li>Wash with soap and water washcloth, rinse with water washcloth and dry with towel</li> <li>Place used linens in laundry bag</li> </ul>                                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>Expose only area to be washed</li> <li>Wipe and let air dry</li> <li>Skin may feel sticky</li> <li>Dispose of wipes in trash</li> </ul> |  |
| 16.                                                                                                                                                               | Ask patient if they would like face washed with soap and water or just water <ul style="list-style-type: none"> <li>Soap and water - Get new washcloth from soap and water basin</li> <li>Water only - Rinse washcloth used for eyes if not soiled; may get new washcloth if needed</li> <li>Wash face including ears; if soap is used, rinse areas with water washcloth squeezing out excess water; dry with towel; place used linens in linen bag</li> </ul> | Do Not Use Above Jawline                                                                                                                                                       |  |
| 17.                                                                                                                                                               | Bathe neck then shoulders and chest                                                                                                                                                                                                                                                                                                                                                                                                                            | SAME                                                                                                                                                                           |  |
| 18.                                                                                                                                                               | Bathe arms one at a time starting at the fingers and moving upwards to the axilla; support joints properly                                                                                                                                                                                                                                                                                                                                                     | SAME                                                                                                                                                                           |  |
| 19.                                                                                                                                                               | Bathe abdomen and umbilicus; pay special attention to skin folds and dry thoroughly                                                                                                                                                                                                                                                                                                                                                                            | SAME                                                                                                                                                                           |  |
| 20.                                                                                                                                                               | Place towel under buttocks; provide groin and perineal care; cover patient and provide for safety; remove gloves and wash hands                                                                                                                                                                                                                                                                                                                                | SAME                                                                                                                                                                           |  |
| 21.                                                                                                                                                               | Change water in basins; put on clean gloves                                                                                                                                                                                                                                                                                                                                                                                                                    | Put on clean gloves                                                                                                                                                            |  |
| 22.                                                                                                                                                               | Bathe legs one at a time starting at the groin area and moving down to the feet; support joints properly; cover patient and provide for safety; remove gloves and wash hands                                                                                                                                                                                                                                                                                   | SAME                                                                                                                                                                           |  |
| 23.                                                                                                                                                               | Change water in basins; put on clean gloves                                                                                                                                                                                                                                                                                                                                                                                                                    | Put on clean gloves                                                                                                                                                            |  |
| 24.                                                                                                                                                               | Position patient in Sim's position; place towel lengthwise on bed along back to prevent bedding from getting wet                                                                                                                                                                                                                                                                                                                                               | SAME                                                                                                                                                                           |  |
| 25.                                                                                                                                                               | Bathe back of neck, back and then buttocks                                                                                                                                                                                                                                                                                                                                                                                                                     | SAME                                                                                                                                                                           |  |
| 26.                                                                                                                                                               | Position patient in supine or semi-Fowlers; assist patient into clean gown; cover patient with top linens; remove gloves and wash hands                                                                                                                                                                                                                                                                                                                        | SAME                                                                                                                                                                           |  |
| 27.                                                                                                                                                               | Clean bath equipment and put away                                                                                                                                                                                                                                                                                                                                                                                                                              | Dispose of waste and unused wipes                                                                                                                                              |  |
| 28.                                                                                                                                                               | Provide for patient comfort and safety                                                                                                                                                                                                                                                                                                                                                                                                                         | SAME                                                                                                                                                                           |  |
| 29.                                                                                                                                                               | SAME                                                                                                                                                                                                                                                                                                                                                                                                                                                           | SAME                                                                                                                                                                           |  |
|                                                                                                                                                                   | Total                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                |  |

# Basic Patient Care: Bathing Check-Off

**PART ONE:** Practice bathing on the model using the following steps:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Gather supplies needed (bath wipes or washcloths/towels/soap/basins, bath blanket, patient gown, gloves, laundry bag)                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                         |
| Knock, enter room and provide for privacy                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
| Identify yourself with name and title (student nurse, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                         |
| Wash your hands with sanitizer or soap/water                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                         |
| Identify patient by asking name and date of birth; verify this information                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                         |
| Explain the procedure to the patient and ask if they have any questions                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |
| Ask patient if he/she needs to use of bedpan, urinal, or bathroom                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                         |
| Arrange supplies on table (including filling one basin 2/3 full of warm water and soap and the other 2/3 full of warm water if not using wipes); place a few washcloths in each basin; place towels next to the basins                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| Wash hands and put on clean gloves                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                         |
| Raise bed to proper working height, place patient in semi-fowlers position and lower side rail                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                         |
| Place bath blanket over patient on top of linens; hold as you remove the top linens; remove the linens and place in linen bag if changing linens or keep at foot of bed                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |
| Remove patient's gown while keeping patient covered with bath blanket                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                         |
| Remove pillow and place patient in semi-Fowlers position                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                         |
| Form a mitt with a washcloth in water basin and squeeze out excess water                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                         |
| Clean around patient's eyes using a different portion of cloth for each eye; wipe from inner canthus to outer cantus; dry eyes with towel; place used linens in linen bag                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
| Ask patient if would like face washed with soap and water or just water <ul style="list-style-type: none"> <li>• Soap and water - Get new washcloth from soap and water basin</li> <li>• Water only - Rinse washcloth used for eyes if not soiled; may get new washcloth if needed</li> <li>• Wipes - Should not be used above jawline</li> </ul> Wash face including ears; if soap is used; rinse areas with water washcloth squeezing out excess water); dry with towel; place used linens in linen bag |                                                                                                                                                                                                                         |
| <b><u>Bathing with Soap and Water</u></b> <ul style="list-style-type: none"> <li>• Expose only area to be washed</li> <li>• Wash with soap and water washcloth, rinse with water washcloth and dry with towel</li> <li>• Place used linens in laundry bag</li> </ul>                                                                                                                                                                                                                                      | <b><u>Bathing with Wipes</u></b> <ul style="list-style-type: none"> <li>• Expose only area to be washed</li> <li>• Wipe and let air dry</li> <li>• Skin may feel sticky</li> <li>• Dispose of wipes in trash</li> </ul> |
| Bathe neck then shoulders and chest                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                         |
| Bathe arms one at a time starting at the fingers and moving upwards to the axilla; support joints properly                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                         |

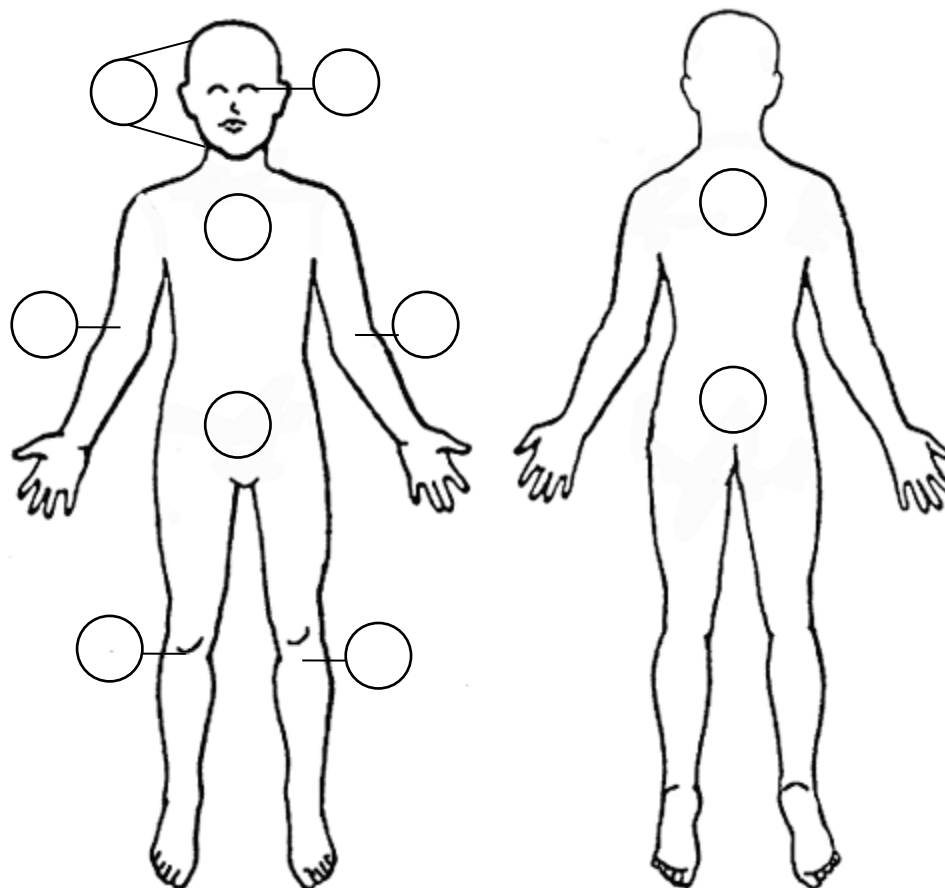
|                                                                                                                                                                              |                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Bathe abdomen and umbilicus; pay special attention to skin folds and dry thoroughly                                                                                          |                                   |
| Place towel under buttocks; provide groin and perineal care; cover patient and provide for safety; remove gloves and wash hands                                              |                                   |
| Change water in basins; put on clean gloves                                                                                                                                  | Put on clean gloves               |
| Bathe legs one at a time starting at the groin area and moving down to the feet; support joints properly; cover patient and provide for safety; remove gloves and wash hands |                                   |
| Change water in basins; put on clean gloves                                                                                                                                  | Put on clean gloves               |
| Position patient in Sim's position; place towel lengthwise on bed along back to prevent bedding from getting wet                                                             |                                   |
| Bathe back of neck, back and then buttocks                                                                                                                                   |                                   |
| Position patient in supine or semi-Fowlers; assist patient into clean gown; cover patient with top linens; remove gloves and wash hands                                      |                                   |
| Clean bath equipment and put away                                                                                                                                            | Dispose of waste and unused wipes |
| Provide for patient comfort and safety                                                                                                                                       |                                   |
| Wash hands and document procedure                                                                                                                                            |                                   |

Name: \_\_\_\_\_

Class: \_\_\_\_\_

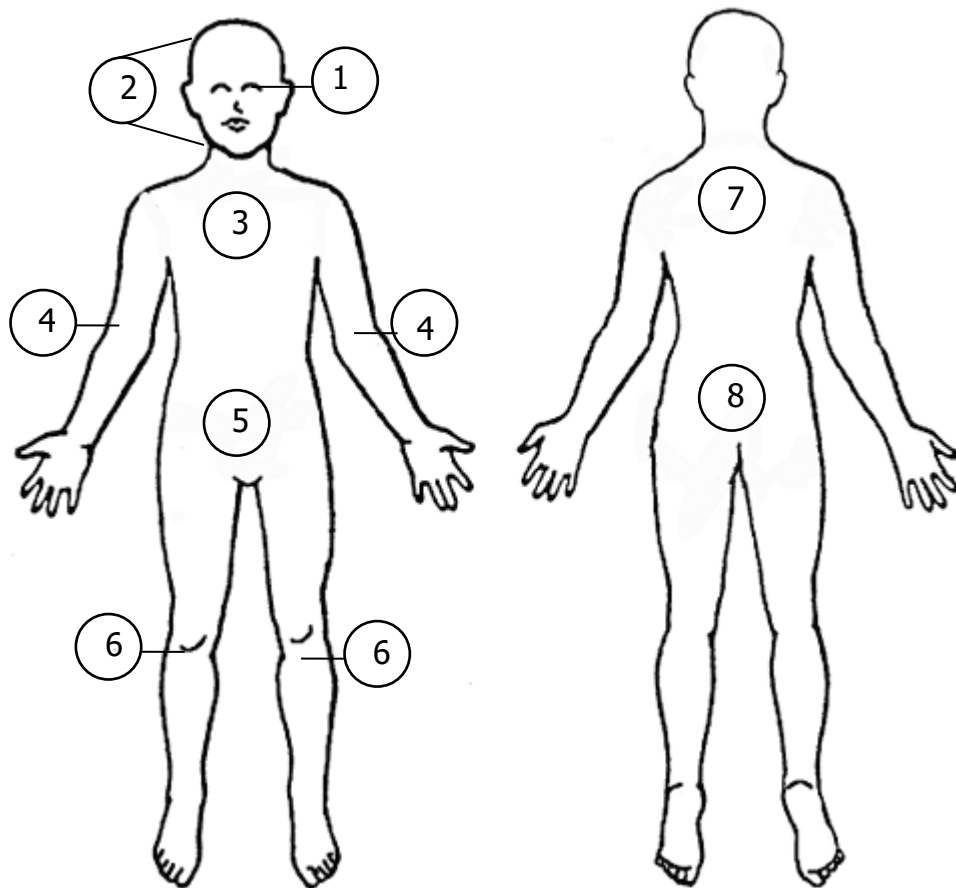
## Basic Patient Care: Bathing Quiz

Place numbers 1-8 in the circles located on the patient below reflecting the order of bathing. (#1 = first area to bathe, #8 = last area to bathe. Numbers may be used more than once.)



## Basic Patient Care: Bathing Quiz - Answer Key

Place numbers 1-8 in the circles located on the patient below reflecting the order of bathing. (#1 = first area to bathe, #8 = last area to bathe. Numbers may be used more than once.)



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