

## **BATH (BED)**

### **PURPOSE:**

1. To cleanse, refresh, and soothe the resident.
2. To stimulate circulation.
3. To inspect the body.

### **EQUIPMENT:**

1. Basin and water, 105 to 110 degrees F.
2. Towels and washcloth, soap and body lotion.
3. Gown and other linen as needed.
4. Bath blanket.
5. Resident's clean clothing.
6. Laundry bag.
7. Deodorant if resident prefers.

### **PROCEDURE:**

1. Have the room temperature comfortable for the resident.
2. Raise bed height to working level.
3. Offer bedpan before starting bath or take resident to the bathroom.
4. Loosen upper bedding; cover with bath sheet.
5. Drape area to be washed with towel.
6. Encourage resident to do as much for himself/herself as possible.
7. Wash face and ears, rinse well, and dry carefully.
8. Remove gown and drape for privacy.
9. Wash neck, arms, chest, and abdomen.
10. Give special care to umbilicus, folds of skin, hands and feet.
11. Wash thighs, legs and feet.
12. Wash back, buttocks and genitals.
13. Change water at least once during procedure, usually after feet are washed.
14. Care of fingernails and toenails is part of the bath. Be certain the nails are clean. If toenails would be difficult to care for, inform the nurse that the resident needs to see the podiatrist.
15. Fingernails and toenails of diabetic residents are cut by the licensed nurses/podiatrist.
16. Always comb and brush the resident's hair.
17. Apply lotion to skin as needed.
18. Remake the bed with clean linen, as necessary.
19. Pressure reducing pads or mattresses are to be used on all thin residents and residents with red, irritated skin or skin breaks.
20. For incontinent residents, use incontinence pads and/or diapers per facility policy. Do not pull incontinence pads between the legs. This will only hold the urine next to the skin.
21. Dress resident appropriately.
22. Before leaving the room, replace the call light and make sure the resident is comfortable and the room and the bathroom are clean and in order.
23. Dispose of soiled linen appropriately.

Frequency of bed baths are based on Resident preference.