BATH (TEPID SPONGE)

PURPOSE:

1. To reduce body temperature.

EQUIPMENT:

1. Wash basin with cool water (85 degrees F., followed by cool water, 80-93 degrees F.)
2. Isopropyl alcohol 70% if ordered.
3. Ice pack per physician's orders.
4. Towels.
5. Washcloths.
6. Two bath blankets.
7. Thermometer.
8. Plastic protector large enough to cover mattress.

PROCEDURE:

1. Take the resident's temperature.
2. Place plastic protector under resident and cover with bath blanket.
3. Fill basin with cool water, add equal parts 70% isopropyl alcohol if ordered.
4. Remove the resident's gown and cover with bath blanket.
5. Place the ice pack at the resident's head if ordered.
6. Moisten towels in basin.
7. Place moistened towels, one in each armpit and one over the abdomen.
8. Avoid needless exposure.
9. Sponge from shoulder across the upper chest, down the external aspect of the exposed arm, upward on the inner portion of the arm, along the side of the body to the thigh.
10. The body is sponged with tepid water, 85 degrees F., followed by cool water, 80-93 degrees F.
11. Sponge each leg in a similar manner.
12. Remove the towel from the abdomen; assist the resident to turn on his/her side, and expose the back.
13. In case of any signs of cyanosis, change in pulse rate, respiration or shivering, the treatment must be discontinued. Notify the physician.
14. Sponge the back, including the back of the thighs and legs.
15. Change water to maintain temperature.
16. Dress the resident, make the bed and leave the resident dry and comfortable with call light within reach.
17. Return to the resident 30 minutes after completion of sponge bath and take temperature.

NOTE:

- Avoid areas near the genitalia when using alcohol in the water.
- All parts of the body should be covered except the area being sponged.
- Note changes such as mottling, nail or lip cyanosis, chills, shivering, changes in pulse, and stop the procedure immediately.
- Administration of an antipyretic prior to the procedure can be beneficial in reducing temperature.

- Rectal temperature monitoring is preferred for more accurate readings if this is permitted for the resident.