BED BATH (INTRODUCTION)

Bathing of clients is an essential component of nursing care. Whether the nurse performs the bath or delegate the activity to another health care provider, the nurse

retains the responsibility for assuring that the hygienic

needs of the client are met. The type of bath provided

will depend on the purpose of the bath and the client’s

self-care ability. The two general categories of baths are

cleaning and therapeutic.

***Cleaning Baths***

Cleaning baths are provided as routine client care. The

purpose of a cleaning bath is personal hygiene. The five

types of cleaning baths are shower, tub, self-help, or

assisted bed bath, complete bed bath, and partial bath.

**Types of cleaning baths:** (power point)

1. The two general categories of baths are cleaning and therapeutic.

2. Tub bath permits washing and rinsing in the tub.

3. A self-help, or assisted, bed bath is used to provide hygienic care for clients who are confined to bed

4. The five types of cleaning baths are shower, tub, assisted bed bath, complete bed bath, and partial bath.

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ clients are capable of taking a shower

6. A complete bed bath is provided to dependent clients confined to bed.

Shower

Most ambulatory clients are capable of taking a

shower. Clients with limited physical ability can be

accommodated by placing a waterproof chair in the

shower (Figure 31-28). The nurse provides minimal

assistance with a shower. The Nursing Checklist discusses

guidelines for helping clients with tub or

shower baths.

**Tub Bath**

Clients frequently prefer and enjoy tub baths. A tub

bath permits washing and rinsing in the tub. Tub

baths can also be therapeutic. Clients with limited physical

ability should be assisted with entering and exiting

the tub.

**Self-Help Bath**

A self-help, or assisted, bed bath is used to provide

hygienic care for clients who are confined to bed. In the

self-help (assisted) bed bath, the nurse prepares bath

equipment but provides minimal assistance. This assistance

is usually limited to washing difficult-to-reach

body areas such as the feet and back.

**Complete Bed Bath**

A complete bed bath is provided to dependent clients

confined to bed. The nurse washes the client’s entire

body during a complete bed bath. Procedure 31-9 outlines

the actions involved in giving a complete bed

bath.

**Partial Bath**

A partial (or abbreviated) bath consists of cleaning only

body areas that would cause discomfort or odor if not

washed thoroughly. These areas are the face, axillae,

hands, and perineal area. The nurse or client may perform

a partial bath depending on the client’s self-care

ability. Partial baths may be performed with the client

lying in bed or standing at the sink.

***Therapeutic Bath***

Therapeutic baths require a physician’s order stating the

type of bath, temperature of water, body surface to be

treated, and the type of medicated solutions to use. A

therapeutic bath is usually performed in a tub

and lasts about 20 to 31 minutes. Therapeutic baths are

classified as hot or warm water, cool or tepid water, soak,

sitz, oatmeal or Aveeno, cornstarch, or sodium bicarbonate,

depending on the prescribed type of bath.

Hot- or warm-water tub baths are used to reduce muscle

spasms, soreness, and tension. Hot- or warm-water

baths, however, have the potential for causing skin

burns. Cool or tepid baths are used to relieve tension or

lower body temperature. The nurse needs to prevent

chilling and rapid temperature fluctuations during a

cool or tepid bath.

A soak can include the entire body or be limited to

only one body part. A soak consists of applying water,

with or without a medicated solution, to reduce pain,

swelling, or irritation or to soften or remove dead tissue.

Sitz baths cleanse and reduce inflammation in the perineal

and anal areas. Sitz baths are commonly used for

hemorrhoids or anal fissures and after perineal or rectal

surgery. Skin irritations can be soothed with oatmeal or

Aveeno, cornstarch, or sodium bicarbonate baths.

(Post lesson quiz fill in the blank spaces)

1. **BED BATH**

Definition

* Bathing the entire body of a dependant patient in bed.

OBJECTIVES

* To provide the patient with assistance in maintaining personal hygiene and physical comfort.

Indications

* Patients with some physical disabilities that prohibits them from performing certain duties for themselves i.e.

1. Paraplegic patients
2. Patient on traction
3. Very weak patients during convalescence
4. Arm disabilities or deformities
5. Confused patients
6. Unconscious patients
7. Post operative patients
8. Patients with extensive burns

REQUIREMENTS

* Screen
* A jag of hot water and a jag of cold water
* Soap, two wash cloths, one bathing towel
* Water or solution for mouth wash
* Clean linen
* Receiver to use when rinsing the mouth
* Hair comb
* Container for dirty linen
* Empty bucket for dirty water
* Clean pajamas/clothes
* Vaseline/lotion
* Trolley
* Gloves
* Bed pan and urinal

PROCEDURE **(PROCESS)**

1. Preparation
2. Patient

* Explain procedure to the patient to gain the patient’s cooperation.
* Offer patient a urinal or a bed pan for comfort ability.
* Screen patient’s bed for privacy.
* Close nearby windows to avoid chilling the patient.

1. **Equipment**

* wash hands and clean the trolley
* clean the basins
* put the water ( warm enough ) in the basin and put them on a trolley
* collect the clean linen and other equipment and put them on a trolley

**Method**

1. wash hands to prevent cross infection
2. put on protective wear (apron, gloves, and face mask) to prevent cross infection
3. put the trolley on the patients bed side for easy reach during procedure
4. strip the bed and cover the patient with one sheet or blanket
5. remove patients clothing

**Note:** only expose the area which is being washed for privacy and to avoid chilling the patient

1. protect clean linen with towels through out the procedure to prevent wetting
2. wash and dry face and the neck ( do not use soap if the patient does not use soap)
3. Place the bath towel length wise under the arm. Apply soap, rinse and dry the arm using long firm strokes. From distal to proximal areas (from the point further from the body to the point closest0. Wash the maxillae well
4. Repeat for the other arm. Exercise if an intravenous infusion is present and check its flow after removing the hand
5. Place the used towel directly on the bed and put the basin on it. Wash the hands in the basin one at a time. Rinse and dry them paying attention to the spaces between the fingers and finger nails
6. change the water in the basin
7. Add the top sheet down to the client’s pubic area and pass the towel along side the chest and abdomen. Apply soap to the chest and abdomen giving special attention to the skin fold under the breast and umbilical area, rinse and dry. Keep the chest and abdomen covered with the towel between soaping and rinsing. Avoid unnecessary exposure when washing the chest and abdomen.
8. Wrap one of the client’s legs and feet with top sheet ensuring that the pubic area is well covered. Use long, smooth, firm strokes, washing from the ankle to the knee and from the knee to the thigh and inguinal area. Rinse and dry that leg, reverse the coverings and repeat procedure for the other leg.
9. Wash each foot in the basin of water and pay particular attention to the spaces between the toes and toes nail pat dry
10. Change the water in your basin.
11. Turn patient to a supine position. Drape the patient and place patient on a bed pan to wash genital- perinea area or give him/her a flannel to do it himself/herself if able
12. Use any hygienic aids desired such as powder, lotion or deodorants unless contraindicated
13. Assist the patient to put on clan gown/ clothes
14. Assist with oral hygiene and comb hair if necessary
15. Change linen when necessary and make the bed
16. Cut the nails as necessary
17. Leave the patient in a comfortable position
18. Open windows

**After procedure**

* Remove the screens back to its place
* Put chairs/stools to their place
* Remove trolley to the sluice room
* Put dirty linen in the bin or decontaminate as appropriate
* Clean the basin wan the mouth wash equipment
* Return clean linen to the cupboard