

<b>Status: Guideline:</b> Offers direction and guidance on good practice, need not necessarily be strictly adhered to.	<b>Policy No: ADLG 03</b> <b>Version No: 0</b> <b>Date Approved: 01/03/11</b> <b>Review Date: 01/03/13</b>
<b>Title:</b> Guidelines for carrying out a Bed Bath	
<b>Written by:</b> Clinical Practice Project Group	
<b>Approved by:</b> National Risk Management Committee	
<b>Cross Reference:</b> ICG 01, ICG 02, ADLG 04, BPH 02	

### 1.0 Purpose

The purpose of these guidelines is to ensure appropriate assistance is offered to Cheshire service users during bed baths and to ensure the dignity of the person is respected when staff are providing assistance.

### 2.0 Scope

These guidelines refer to all Cheshire Services where staff assist service users with bed baths. All the activities of daily living are generic, however in line with the Best Possible Health plan, staff will assist service users to discuss their own personal care needs and put actions in place where needed. This will be recorded in the service users Best Possible Health Personal plan and will be kept in a secure place of the service users choosing. It will be adapted and updated as the needs of the service user's change.

### 3.0 Responsibility

- It is the responsibility of all staff involved in assisting service users with bed baths to be familiar with and adhere to these guidelines.
- It is the responsibility of all service managers to ensure staff are familiar with the guidelines and to monitor compliance.

### 4.0 Definitions

N/A

## 5.0 Guidelines

### Equipment

- Soap/shower gel
- Flannel/sponge
- Towels
- Brush and/or comb
- Toothbrush, toothpaste and denture pot if necessary
- Basin of warm water
- Trolley or suitable work surface
- Clean clothing
- Toiletries, make-up etc., according to individual preference
- Linen bag and yellow plastic bags for fouled or infected linen if required
- Clean bed linen

### Guidelines

- All service users will be supported to manage their own bathing. However, in circumstances where this is not possible or the service user chooses not to, Cheshire Ireland will provide support in line with a person centred approach.
- In relation to bed baths, staff will respect the rights of service users to be treated with sensitivity and respect as individuals, and to have wishes and opinions considered fairly (Cheshire Ireland National Consumer Committee, 2004).
- Engage with the service user to explain the process, to gain co-operation and consent, and to ascertain personal preferences.
- Check the service user is comfortable and feels secure with the process.
- Ensure adequate privacy.
- Wash and dry hands thoroughly (Ref: Guidelines for Hand Hygiene, ICG 02).
- Assist the service user into a comfortable position. Clear space at bedside for basin of water and toiletries.
- Assist the service user to remove any clothes, ensuring the person is covered with a sheet or blanket to maintain warmth and dignity.
- Assist the service user to wash the face, ears and neck. If soap is used, rinse well and dry thoroughly.
- Change the water as required.

- Wash, rinse and dry the body in a logical order, exposing only the part of the body to be washed. **The suggested order is hands, arms, chest, abdomen, genital area, legs, feet and then back; however this should be discussed with the service user to ascertain any preferences.**
- The back is left until last so that it can be washed and the clean sheet inserted at the same time, to prevent any unnecessary movement of the service user. One care/support staff can often manage until this point, but will need assistance to roll the service user and make the bed with clean linen.
- If two care/support staff are present, one may wash and rinse while the other dries the body and applies toiletries as requested e.g. talc, deodorant or body cream. This reduces the amount of time the body is exposed.
- As the service user is washed, observe the condition of the skin. Note and report to line manager/key worker, after the procedure, any signs of inflammation, bruising, discoloration or rash and make the service user aware of this.
- When assisting the service user to wash, rinse and dry the genital area, use a disposable cloth and wear gloves (Ref: ICG 01). Remember to wash from the front of the perineal area to the back. In males, the foreskin needs to be pulled back and ensure that the foreskin is repositioned after washing and drying underneath it. If a urinary catheter is in place, wash carefully around the urethral meatus and catheter tubing and dry carefully. Change the water after washing the genital area. Remove and dispose of gloves (Ref: ICG 01). Wash and dry hands thoroughly (Ref: ICG 02)
- Assist the service user to put on their selected clothes.
- Remove any soiled bed linen and remake the bed. (This is likely to require a second care/support staff member).
- Assist the service user to clean teeth or dentures as per Best Possible Health Oral Hygiene care plan.
- Assist the service user to brush/comb hair and to clean and file nails as necessary (Ref: ADLG 04)
- Ensure the service user is comfortable and has required belongings within reach.
- Wash and dry hands thoroughly (Ref: ICG 02)
- If there are any problems which are not being treated or highlighted, please identify in Best Possible Health Priority Areas for Action for Personal Care. This may require appointments with G.P. or other clinical referral.

### Trouble Shooting:

#### Things That Increase the Chances of Getting a Pressure or Skin Sore:

- Skin wet from sweat, urine or stool
- Poor nutrition causing anemia (low blood count) and low protein
- Slouching in bed or in the wheelchair
- Fevers
- Bumps or other injuries to the skin
- Friction to the skin, caused by sliding or being pulled across a surface, or by spasms
- Clothing, braces, splints, etc., that are too tight
- Burns
- Worn out or improper equipment

### Guidelines – Aftercare of Equipment

- The basin should be thoroughly cleaned using a brush or disposable cloth and hot detergent water. Rinse carefully. If a service user with a skin infection or wound has used the basin, clean with a non-abrasive chlorine releasing powder/cream.
- Discard disposable cloths into clinical waste.
- Send flannel, towels and linen to laundry.

### **6.0 References**

Nicol, M., Bavin, C., Bedford-Turner, S., Cronin, P. & Rawlings-Anderson, K. (2004). *Essential Nursing Skills*. Mosby, United Kingdom.

Robertson, B. & O’Kell, S. (1995). *Study Guide for Health and Social care Support Workers*. First Class Books Pub., Bristol.

*Skin Care* Spinal Injuries Ireland, National Rehabilitation Hospital, Rochestown Ave, Dún Laoghaire, Co. Dublin, Ireland.