Basic Care Procedures
Showering and Bed-Bathing

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For Teachers:

Introduction

Attending to the basic care needs of the patient is an important role of the nurse and personal carer. Maintaining personal hygiene is a very intimate role and the safety, privacy and comfort of the patient must be considered at all times throughout the procedure. The different procedures that address the personal hygiene of a patient are the bed bath, showering and bathing. It is imperative that the nurse and carer possess a professional caring manner whilst assisting the patient in all aspects of personal hygiene, including dressing and grooming needs.

DVD Timeline

00:00:00 Introduction
00:00:59 General principles of preparation and procedure
00:03:18 Summary
00:04:07 Showering – preparation
00:06:21 Summary
00:06:44 Showering – procedure
00:10:07 Summary
00:10:36 Bed bathing – preparation
00:12:44 Summary
00:13:20 Bed bathing – procedure
00:22:36 Summary
00:23:27 Conclusion
00:24:05 Credits
00:24:41 End program

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Student Worksheet:

Before Viewing the Program

1. Why is maintaining personal hygiene important?

2. What do you think the general principles of the preparation and the procedure include?

3. When assisting a patient with general hygiene, what things may be observed and why is it important to note?

4. Do you think the nurse and carer should pay attention to infection control issues throughout the procedure?
Basic Care Procedures – Showering and Bed-Bathing

While Viewing the Program

Bed Bath

1. Explain why it is necessary for the carer or nurse to read the nursing care plan prior to preparing the patient for a bed bath.

_______________________________________________________________________________

_______________________________________________________________________________

2. When does the carer or nurse wash their hands?
   a) Before the procedure
   b) During the procedure
   c) Before and after the procedure
   d) On completion of the procedure

3. How do you prepare the surroundings?

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4. What do you do when you approach the patient?

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5. Explain why it is important to offer the patient toilet facilities before the procedure?

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6. What materials do you need and when do you collect and assemble them?

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7. Where do you place the linen skip?
   a) In the pan room/clean up room
   b) In the passage outside the room
   c) Nearby
8. When attending to a bed bath, what parts of the body do you wash and where do you start?

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9. Explain the action you use to dry the patient and why.

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10. When drying the body, what areas do you pay particular attention to?

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11. How do you ensure that the patient does not get cold throughout the procedure?

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12. How do you leave the patient on completion of the procedure?

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Showering

13. Explain the general preparation prior to showering.

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14. Why is it important to assess for any assistance that may be required?

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Basic Care Procedures – Showering and Bed-Bathing

15. What sort of assistance may be provided?

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_______________________________________________________________________________

16. It is important to have the water temperature constant and at the right warmth. How is this achieved?

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17. What do you do if a patient collapses throughout the procedure?

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18. Why is it important to encourage the patient to participate?

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19. On the completion of the procedure it is important to attend the peripherals. What does this refer to?

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20. How should the bathroom be left on completion of the procedure?

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Conclusion

Basic care procedures such as showering and bed bathing are activities that require the nurse and personal carer to maintain the safety, comfort and privacy of the patient at all times. It is important that the nurse and personal carer conduct themselves in a professional and caring manner ensuring the personal hygiene needs of the patient are met.
Basic Care Procedures – Showering and Bed-Bathing

**After Viewing the Program**

1. Explain how you would prepare a patient and undertake a bed bath.
2. Describe the equipment you would need to assemble prior to showering a patient.
3. What do you do if you observe a disruption to skin integrity whilst attending to a patient’s hygiene needs?
4. Why is infection control important and what do you do to promote infection control?
5. What are the general principles of preparation and procedure relating to personal hygiene?

**Suggested Student Responses**

**While Viewing the Program**

**Bed Bath**

1. Explain why it is necessary for the carer or nurse to read the nursing care plan prior to preparing the patient for a bed bath.

   To be aware of the patient’s strength, mobility and capabilities

2. When does the carer or nurse wash their hands?
   a) Before the procedure
   b) During the procedure
   c) Before and after the procedure
   d) On completion of the procedure

3. How do you prepare the surroundings?

   Ensure comfortable room temperature and privacy

4. What do you do when you approach the patient?

   Introduce yourself, establish how the patient prefers to be addressed, e.g. Christian name or Mr./Mrs/Miss and explain the procedure you are about to undertake

5. Explain why it is important to offer the patient toilet facilities before the procedure?

   For the comfort of the patient

6. What materials do you need and when do you collect and assemble them?

   What - toiletries, linen including bed linen, two towels, two face cloths, tooth brush/paste, hair brush/comb, shaving equipment, nail care items, makeup (if appropriate), clean clothes, gloves, and linen skip
   
   When - prior to commencing procedure

7. Where do you place the linen skip?
Basic Care Procedures – Showering and Bed-Bathing

a) In the pan room/clean up room
b) In the passage outside the room
c) Nearby

8. When attending to a bed bath, what parts of the body do you wash and where do you start?

Whole body starting with the face

9. Explain the action you use to dry the patient and why.

Pat, do not rub as it may damage fragile skin
10. When drying the body, what areas do you pay particular attention to?

The skin folds, e.g. under the breasts, perineal area, abdominal flap, groins and between the fingers and toes

11. How do you ensure that the patient does not get cold throughout the procedure?

Ensure the room temperature is comfortable and free of draughts, keep the patient covered and change the water frequently maintaining appropriate temperature

12. How do you leave the patient on completion of the procedure?

Warm, comfortable with all personal items within reach, e.g. glasses, drink, book, call bell

Showering

13. Explain the general preparation prior to showering.

Read the nursing care plan, assess strength and mobility
Assemble the items as for bed bath but include non slip surface or bath mat, shower chair
Prepare the surroundings, attention to warmth, comfort, safety, and privacy of the patient
Introduce yourself and explain procedure
Offer toilet facilities prior to procedure

14. Why is it important to assess for any assistance that may be required?

To maintain the safety of the patient and encourage the patient to participate

15. What sort of assistance may be provided?

Another staff member, lifting machine or other aids to assist transfer, e.g. walking stick or wheel chair

16. It is important to have the water temperature constant and at the right warmth. How is this achieved?

Preset by a thermostatic valve

17. What do you do if a patient collapses throughout the procedure?

Seek assistance of other staff members alerting them via the nurse call bell system

18. Why is it important to encourage the patient to participate?

It promotes activity and range of movement, provides the patient with a sense of achievement, encourages independence rather than helplessness and dependency

19. On the completion of the procedure it is important to attend the peripherals. What does this refer to?

Ensuring spectacles are cleaned, hearing aids are cleaned, no wax in either of the ears or the aids, batteries are functioning and the aids are correctly placed in the ears

20. How should the bathroom be left on completion of the procedure?

The bathroom should be left clean, tidy and free of any of the patient’s personal items which should be returned to the bedside locker. All soiled items such as linen, clothing and gloves should be disposed in the appropriate receptacles