

## **Guidelines For Bathing:**

- 1 Baths are for health and well-being.
- 2 Bathing gives NAs the chance to observe the skin, etc.
- 3 Bathing promotes circulation.
- 4 The face, hands, underarms, and perineum should be washed every day/
- 5 Complete baths are only needed qod or less often for elderly with dry, fragile skin.
- 6 Remove all soap from resident's skin. No soap on the face.
- 7 Keep room temperature comfortable.
- 8 Keep a record of the bathing schedule.
- 9 Make mitt to perform perineal care for male and female  
--step by step technique for each,turn resident on side to do the anal area to complete the procedure.
- 9 Change bath water as needed (cool, soapy, dirty).
- 9 Keep body parts covered with towels and bath blanket for warmth and privacy.

## **Safety guidelines for showers or bathing:**

- 1 Clean tub or shower before use.
- 2 Be sure floor is dry.
- 3 Be familiar with and use assistive devices as necessary.
- 4 Have resident use safety bars when getting in or out of tub or shower.
- 5 Keep resident covered during transport.
- 6 Place items within reach.
- 7 Do not leave resident alone.
- 8 Do not use bath oils.Only use approved products.
- 9 Test water temperature to make sure it is safe and comfortable.

## **Observe and Report**

- Skin color, temperature, reddened areas

Mobility, Flexibility, Comfort Level, Strength and Ability to Perform ADLs, Mental/Emotional State, Complaints