

## **Bathing**

**Purpose:** To provide guidelines in assisting with general hygiene of the patient.

- ✓ Currently we use Chlorhexidene with all of our patients, except those with CHG allergies and children less than 2 months of age.
- ✓ CHG foam soap should not be used above the neck

### Complete bed bath with CHG

Gather supplies:

- Washcloths
- Bath Towels
- Bath Blanket
- Gallon size plastic bag
- CHG foam soap
- PPE
- Non-CHG foam soap if patient is unable to use due to allergies and for peri-care/foley care
- Deodorant
- Gown
- Laundry Bag

### Tech actions

1. Explain procedure to patient and provide privacy
2. Place 6 dry washcloths in plastic bag
3. Fill bag with warm water to moisten the washcloths (no dripping or microwaving washcloths)
4. Take plastic bag to bedside
5. Perform hand hygiene and apply PPE
6. Raise bed to comfortable position. Cover patient with bath blanket. Remove gown.
7. Take first clean washcloth from plastic bag and cleanse around patients eyes/periorbital tissues with plain warm water (no soap). Use a different section of washcloth for each eye. Move from inner to outer of eye. Cleanse entire face and neck. Discard washcloth in laundry bag. Blot face with dry towel.

### Bathing patient

1. Take next clean washcloth from bag and apply 2 pumps of the CHG foam soap. Cleanse are from distal to proximal (fingers to axilla). Repeat process with other arm.
  2. Discard washcloth in laundry bag. Blot area dry with towel. Apply deodorant.
  3. Clean washcloth with 2 pumps of CHG, cleanse chest, including skin folds under female breast's. Blot dry with towel.
  4. Clean washcloth with 2 pumps of CHG, cleanse abdomen, including umbilicus and abdominal folds as indicated.
  5. Discard washcloth, Blot dry with towel.
  6. Clean washcloth with 2 pumps of CHG, cleanse ankle to knee and from knee to thigh, and then the foot(make sure to cleanse between toes). Repeat process with a new washcloth for the other leg and foot. Blot dry with towel.
  7. Gently rinse the CHG foam soap off of the arms, abdomen, and legs with washcloth. Blot areas dry with towel and apply CHG compatible moisturizer.
  8. Assist patient in side lying position. Take clean washcloth from bag and apply 2 pumps of CHG foam soap. Cleanse back from neck to buttocks.
  9. Discard washcloth in laundry bag. Rinse area and blot area dry with towel.
  10. Give a backrub utilizing lotion, unless contraindicated. Never massage reddened areas.
  11. Remove gloves. Perform hand hygiene and apply new gloves.
  12. Cleanse the perineal area (See **PERICARE**)
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