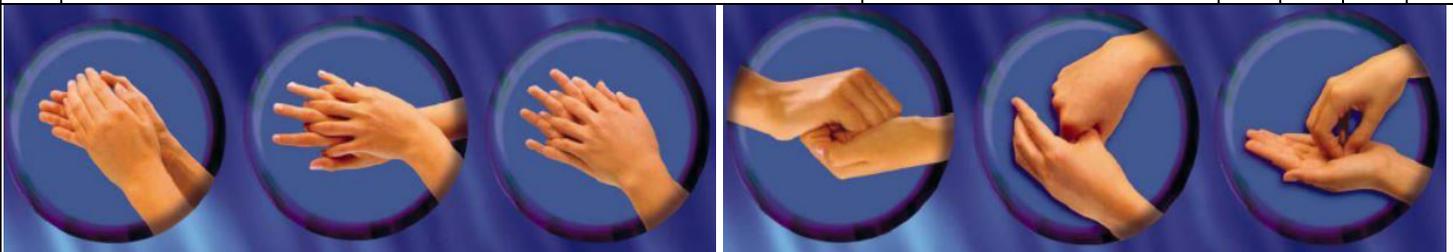


BED BATH - WASHING A BEDRIDDEN PATIENT BY USING WATER AND COMMON SOAP

Skin care is essential to the wellbeing of (bedridden) palliative patients and constitutes one of the cornerstones of daily nursing practice. Traditional washing with water and soap is still standard of care. However, the disposable bath, which is prepacked in single-use units and heated before use, is gaining interest.

		Concept	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	P
PREPARATION						
1	Examine the patient's medical records: <ul style="list-style-type: none"> • Validate the timetable prescribed for hygienic care • Check for any contra indications to bed bath and the use of soap or any other common hygienic products (e.g. allergy to soap) • Check for the presence of any catheters or other devices that may complicate a bed bath, or that may require supplementary staff to ensure patients' safety 					0 4 9
2	Wash the hands or put on clean medical gloves (<i>only in the case of tegumentary lesions of the nurses' hands or of a high infectious potential of the patient</i>), as part of standard precautions.	standard precautions				0 1 3
3	Collect all the necessary equipment (<i>2 towels, 2 washcloths, alcoholic hand disinfection, a cup, incontinence pads if needed, comb or hairbrush, flannel, sick bowl, 2 pair clean medical gloves, shaving supplies, toothbrush, toothpaste, washtub, soap, clean linen</i>) and take it with you to the room of the patient.	YES <input type="checkbox"/> NO <input type="checkbox"/>				0 5 9
4	Close the door and Ensure a private space for bathing the patient if relevant (<i>curtains, screen, occupied-signal, etc.</i>)	YES <input type="checkbox"/> NO <input type="checkbox"/>				0 4 9
5	Rapid evaluation of the presence of vital signs (<i>the presence of consciousness, movements, speech, breathing</i>) Hello. My name is I am the nurse who will give you a bed bath.	Vital functions preserved <input type="checkbox"/> cardiorespiratory arrest <input type="checkbox"/> (<i>initiating medical measures - basic life support, -initiating the discussion</i>)				0 2 5
6	Could you, please, tell me what your name is.....? And your date of birthThank you.	Conformity with the observations sheet for: Name: <input type="checkbox"/> Date of birth: <input type="checkbox"/>	ESSENTIAL			
7	Put the bed in working position (appropriate height) and possibly lower the bed laterals. Can you lie in supine position without problems?	YES <input type="checkbox"/> NO <input type="checkbox"/>				0 4 9
8	I am now going to wash you	<i>We explain to the patient WHAT WE WILL DO Tell the patient how he/she can CONTRIBUTE to the bed bath</i>	ESSENTIAL			

PERFORMANCE							
9	Put water in the washtub, after asking the patient about the desired temperature	YES <input type="checkbox"/>	NO <input type="checkbox"/>				0 1 3
10	If available, put a chair next to the foot end of the bed	YES <input type="checkbox"/>	NO <input type="checkbox"/>				0 1 3
11	Arrange the flannel on the patient, remove the top layer of the bed linen and place it at the foot end of the bed or on the chair. Remove pillows and leave one pillow in place	YES <input type="checkbox"/>	NO <input type="checkbox"/>				0 1 3
12	Remove clothing of the patient	YES <input type="checkbox"/>	NO <input type="checkbox"/>				0 1 3
13	Place a towel on the pillow under the patients' head.	YES <input type="checkbox"/>	NO <input type="checkbox"/>				0 1 3
14	Wash and dry the eyes of the patient, from ear-side to nose-side. Do not use soap.	YES <input type="checkbox"/>	NO <input type="checkbox"/>	ESSENTIAL			
15	Wash using water and soap, rinse and dry the patients' face, behind the ears, and the neck.	YES <input type="checkbox"/>	NO <input type="checkbox"/>	ESSENTIAL			
16	Fold the flannel down and place the towel on the chest; wash, rinse and dry the chest and armpits and fold the flannel up again.				ESSENTIAL		
17	Place the towel under the furthest arm, wash, rinse and dry from the upper arm to the hand, and between fingers.				ESSENTIAL		
18	Place the towel under the closest arm, wash, rinse and dry the upper arm to the hand, and between fingers				ESSENTIAL		
19	Cover the upper body with a flannel and fold the lower part of the flannel up to the knees						0 4 9
20	Place the towel for the intimate wash under the furthest leg, wash, rinse and dry from the knee till the foot, and between toes.				ESSENTIAL		
21	Place the towel under the closest leg, wash, rinse and dry from the knee till the foot, and between toes.				ESSENTIAL		
22	Fill the bath tub with fresh water; mind the desired temperature of the water.						0 1 3
23	Fold the flannel up and place the towel on the lower abdomen and pubic area						0 4 9
24	Disinfect hands (<i>according to picture below; during 30 seconds</i>)						0 1 3



Source: www.2care.be

25	Put on gloves					0 1 3
26	Put soap on each side of the wash flannel					0 5 9
27	<p>Wash, rinse and dry:</p> <ul style="list-style-type: none"> • Female patient: <ul style="list-style-type: none"> - First lower abdomen (navel), first the furthest thigh till the knee, the other thigh and the groin - Turn the wash flannel and wash the pubic area, spread the labia and wash from the top down with soap • Male patient: <ul style="list-style-type: none"> - First lower abdomen (navel), first the furthest thigh till the knee, the other thigh and the groin - Turn the wash flannel and wash the scrotum and the penis - The fore skin is pushed back, then wash and dry, then push the fore skin back 					0 4 9
28	Take off gloves					0 1 3
29	Disinfect hands (<i>See step 24</i>)					0 1 3
30	Replace bed safety					0 1 3
31	Take clean water again					0 4 9
32	Turn patient on his/her side					0 2 5
33	Fold the sheet till the back of the patient					0 1 3
34	Place the upper body towel by the back- the lower body towel by the backside.					0 1 3
35	Wash with the upper body wash flannel the back down till the lower back, rinse and dry				ESSENTIAL	
36	Disinfect hands (<i>See step 24</i>)					0 1 3
37	Put on gloves					0 1 3
38	Put soap on the lower body wash flannel on one side and sideways on one side					0 4 9
39	Wash the lower back, back of the thighs till the back of the knee, open the fold of the buttocks with the other hand and wash with the flannel sideways from the back passage upwards, rinse and dry in the same order				ESSENTIAL	
40	Take off gloves					0

						1 3
41	Disinfect hands (<i>See step 24</i>)					0 1 3
42	The patient can turn back or help the patient to turn back					0 1 3
43	Dress the patient and place him /her in a sitting (or semi recumbent) position					0 1 3
44	Place the upper body towel behind the head of the patient and comb hair. Then remove towel again.					0 1 3
45	Place sick bowl, glass/cup with clean water, toothbrush, toothpaste, shaving equipment and a paper tissue on the table and bring it closer to the patient. If required, assist the patient with brushing teeth					0 1 3
46	Remove the equipment again and clean and disinfect the table again.					0 1 3
AFTER CARE						
47	Install patient in a comfortable position					0 1 3
48	Lower the bed again					0 3 6
49	Make sure the bell (or other contact system) is easy to approach					0 1 3
50	Tidy the room, open curtains, remove covers					0 1 3
51	Turn of occupancy sign					0 1 3
52	Tidy up in the nursing station					0 1 3
53	Sign for conducting the bed bath in the patients record					0 1 3
54	Report in the patients record					0 3 6
55	Report verbally					0 1 3
Total score: 200		<input type="radio"/>				%
		<input type="radio"/>				%
		<input type="radio"/>				%

Legend: ○- unfulfilled criterion; ◐ – partially fulfilled criterion; ● – completely fulfilled criterion

(score according to column P)

Washing without water is possible:

- Schoonhoven L, van Gaal B, Teerenstra S, Adang E, van der Vleuten C, van Achterberg T. Cost-consequence analysis of “washing without water” for nursing home residents: A cluster randomized trial. *International Journal of Nursing Studies*. January 2015 52(1):112-120. DOI 10.1016/j.ijnurstu.2014.08.001
- Nøddeskou LH, Hemmingsen LE, Hørdam, B. Elderly patients' and nurses' assessment of traditional bed bath compared to prepacked single units - randomised controlled trial. *Scandinavian Journal of Caring Sciences*. June 2015, Vol. 29 Issue 2, p347-352. 6p. DOI: 10.1111/scs.12170.