

BATH (TEPID SPONGE)

PURPOSE:

1. To reduce body temperature.

EQUIPMENT:

1. Wash basin with cool water (80° - 93° F).
2. Ice pack per physician's orders.
3. Towels.
4. Washcloths.
5. Bath blankets.
6. Thermometer.
7. Plastic protector large enough to cover mattress.

PROCEDURE:

1. Wash hands, apply gloves, and apply appropriate PPE.
2. Take the resident's temperature.
3. Place plastic protector under resident and cover with bath blanket.
4. Fill basin with cool water.
5. Remove the resident's gown and cover with bath blanket.
6. Place the ice pack at the resident's head if ordered to prevent headache and nasal congestion as the body cools.
7. Moisten towels in basin.
8. Place moistened towels, one in each armpit, groin, and popliteal areas to accelerate cooling.
9. Avoid needless exposure.
10. Bathe each extremity separately for 5 minutes, then sponge the chest and abdomen for 5 minutes. Turn the resident and bathe the back and buttocks for 10 to 15 minutes. Keep resident covered except for body part being sponged.
11. Pat each area dry after sponging, avoid rubbing.
12. Add tepid water to basin as necessary, checking bath thermometer to maintain desired temperature.
13. Monitor resident's temperature, pulse, respirations, and blood pressure every 10 minutes or as needed.
14. Monitor for chills, shivering, pallor, mottling, cyanosis, and changes in vital signs. Notify practitioner as needed.
15. If no adverse effects occur, bathe for 30 minutes or until temperature 1° or 2° F above desired level.
16. After sponge bath, make sure resident is dry, comfortable and dressed as needed.
17. Return to the resident 30 minutes after completion of sponge bath and take temperature.

NOTE:

- Avoid areas near the genitalia when using alcohol in the water.
- All parts of the body should be covered except the area being sponged.
- Note changes such as mottling, nail or lip cyanosis, chills, shivering, changes in pulse, and stop the procedure immediately.
- Administration of an antipyretic prior to the procedure can be beneficial in reducing temperature.
- Rectal temperature monitoring is preferred for more accurate readings if this is permitted for the resident.
- Follow standard precautions.