

BATH (SHOWER)

PURPOSE:

1. To cleanse and refresh the resident.
2. To observe the skin.
3. To provide increased circulation.

EQUIPMENT:

1. Shower chair/shower gurney.
2. Bath blanket
3. Towel and washcloth.
4. Soap and shampoo.
5. Deodorant per resident's preference.
6. Clean clothing.
7. Soiled linen hamper.

PROCEDURE:

1. Place resident in shower chair or transfer to shower gurney, ensure brakes are locked on shower chair/gurney and ensure all safety bar/rails are in place as applicable. Drape the resident with bath blanket. NOTE: NEVER LEAVE THE RESIDENT ALONE IN THE SHOWER ROOM. If the resident can maintain an upright position while sitting a shower chair can be used. If the resident has difficulty with maintaining sitting balance then a shower gurney should be used. Resident preference should be considered as well.
2. Wash hands, apply gloves, and apply appropriate PPE.
3. Adjust temperature of water before placing resident under shower. Check temperature; water should be per resident's preference (105 to 110 degrees F).
4. Encourage resident to do as much of his/her own care as possible; supervise and assist resident as necessary.
5. Wash face and shampoo hair; rinse well. If resident has regularly scheduled shampoo by the beautician, take care not to wet hair or cover hair with shower cap per resident's preference.
6. Wash upper extremities and body.
7. Wash lower extremities and feet.
8. Wash perineal area.
9. Rinse resident well; do not leave any soap or shampoo residue. Remove gloves and perform hand hygiene.
10. If on a shower gurney. Place a dry bath blanket under the resident after the shower then dry the resident before transfer.
11. Care of fingernails and toenails is part of the shower. Be certain the nails are clean. If toenails would be difficult to care for, inform the nurse that the resident needs to see the podiatrist.
12. Fingernails and toenails of diabetic residents are cut by the licensed nurse/podiatrist.
13. Dry resident well; apply lotion per resident's preference.
14. Dress resident and towel dry hair well. Transfer resident to wheelchair or adaptive chair as per plan of care. Comb, blow dry (if preferred) and style hair. Assist Resident back to his/her room or unit.

15. Clean/disinfect shower chair/shower gurney.
16. Report any reddened areas, skin discoloration, or skin breaks to the nurse.

Frequency of Baths/Showers are based on resident preference as noted on care plan/Kardex.