

Purpose

- A. Cleanse the skin.
- B. Stimulate circulation.
- C. Improve patient self image.
- D. Reduce body odors.
- E. Promote exercise through joint range of motion.

Scope

This policy applies to all inpatient units.

Expected outcome

- A. Patient tolerates bath without fatigue, discomfort, or chilling. Patient expresses sense of comfort and relaxation.
- B. Skin is clean, dry, elastic, well hydrated, and without areas of local inflammation.
- C. Previous skin lesions if any, are cleaner, with less drainage.
- D. Joint ROM remains the same or improves from previous measurement.
- E. Patient's independence to perform self care is maintained.
- F. Patient describes benefits and techniques of proper hygiene and skin care.

Equipment

Wash basin.
Body lotion. (Check for allergies)
Face cloth and bath towel.
Clean gown or pajamas.
Clean sheets and pillowcases.
Bath thermometer.
Comb and/or hairbrush.
Gloves
Liquid Soap

Procedure

- A. Explain procedure, offer patient bedpan or urinal. Provide towel and washcloth.
- B. Wash hands and apply gloves.
- C. Bring patient toward side closest to you. Place bed in high position. Provide privacy.
- D. Loosen top covers at foot of bed. Place bath blanket over top sheet. Fold and remove top sheet from under blanket. Have patient hold bath blanket while withdrawing sheet.

- E. Dispose of soiled linen in laundry bag, taking care not to allow linen to come in contact with your clothing.
- F. Remove patient's gown or pajamas. If an extremity is injured or has reduced mobility, begin by removing clothing on unaffected side.
- G. Pull side rail up. Fill washbasin two-thirds full with water 43° -46° (110-115° F). Use bath thermometer.
- H. Remove pillow (if allowed) and raise head of bed 45° degrees. Place bath towel under patient's head.
- I. Place bath towels over patient's chest.
- J. Fold washcloth around fingers of your hand to form a mitt. Immerse mitt in water and wring thoroughly.
- K. Wash patient's eyes with plain warm water. Use different section of mitt for each eye. Move mitt from inner to outer canthus. Soak any crusting on eyelids for 2-3 minutes with damp cloth before attempting removal. Dry eyes thoroughly but gently.
- L. Ask if patient prefers to use soap on face. Wash, rinse and dry forehead, cheeks, nose, neck, and ears.
- M. Remove bath blanket from under patient's arm that is farthest from you. Place bath towel lengthwise.
- N. Bathe arm with soap and water using long strokes from distal to proximal areas. Raise and support arm above head while thoroughly washing axilla.
- O. Rinse and dry axillary area.
- P. Fold bath towel in half and lay it on bed beside patient. Place basin on towel. Immerse patient's hand in water. Allow hands to soak 3-5 minutes before washing hands and fingernails. Remove basin, dry hands well.
- Q. Check temperature of bath water and change water if necessary. Repeat procedure for other arm.
- R. Cover patient chest with bath blanket and fold

blanket down to umbilicus. With one hand lift edge of towel away from chest. With mitted hand, bathe chest using long firm strokes. Take special care to wash skinfolds under female patient's breast. It may be necessary to lift breast upward while bathing underneath it. Keep patient covered during wash and rinse periods. Dry well.

S. Place bath towel lengthwise over chest and abdomen. Fold blanket down to just above pubic region. With one hand lift towel, with mitted hand bathe abdomen giving special attention to umbilicus and abdominal folds. Stroke from side to side. Keep abdomen covered between washing and rinsing. Dry well.

T. Cover chest and abdomen with top of bath blanket. Expose far leg by folding blanket over toward midline, be sure perineum is draped.

U. Bend patient leg at knee by positioning your arm under leg. While grasping patient's heel, elevate leg from mattress slightly and slide towel lengthwise under leg.

V. With one hand supporting lower leg, raise and slide basin under lifted foot. Place foot into basin, making sure it is firmly placed on bottom of the basin. Allow foot to soak while you wash leg.

W. Use long strokes in washing from knee to ankle and from thigh to knee. Dry well.

X. Cleanse foot, making sure to wash between toes. (Clean nails as needed) and dry well. If skin is dry apply lotion. Note: Refer to the podiatrist for nail care as needed.

Y. Repeat procedure for other leg and foot.

AA. Cover patient with bath blanket, raise side rails for patient's safety, and change bath water. Change gloves.

BB. Lower side rail, assist patient in assuming prone or side lying position. Place towel lengthwise along patient's side.

CC. Keep patient draped by sliding bath blanket over shoulders and thighs.

DD. Wash, rinse, and dry back from neck to buttocks using long, firm strokes. Pay special attention to folds of buttocks and anus. Change gloves.

EE. Change bath water and washcloth.

FF. Assist patient in assuming side -lying or supine position. Cover chest and upper extremities with towel and lower extremities with bath blanket. Expose only genitalia. Wash, rinse, and dry perineum. Give special attention to skin folds.

GG. Dispose gloves in receptacle.

HH. Apply any additional lotion or oil as desired and/or as prescribed. Check for allergies and/or physician's order prior to applying.

II. Assist patient in dressing. Comb patient's hair and make patient's bed.

JJ. Remove soiled linen and place in dirty linen bag. Clean and replace bathing equipment. Leave room clean and comfortable.

KK. Wash hands.

Approved by

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Original: 4/92
Revised: 3/92, 2/93, 7/01, 5/04, 7/07, 2/09, 6/11
Revised: 7/14, 9/17

Reviewed: 8/94, 10/98, 6/14, 4/18, 4/22, 7/25