

Bathing and Grooming – Assisting with Tub Bath

NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review the Caregivers performance annually or as needed to assure continued competency in performance of the task.

General Task: Bathing and Grooming – Assisting with Tub Bath

Supplies Needed

1. Bath towel and washcloth
2. Soap, powder, deodorant, comb, and toilette items
3. Bath mat (Slip-proof tub mat, terry cloth mat or similar for outside tub)
4. Resident's clothing, shoes or slippers
5. Disposable non-sterile gloves and laundry bag or plastic linen bag
6. Hand-washing solution

Procedures/Steps to Follow to Perform the Task

1. Explain the procedure to the resident.
2. Put on gloves.
3. Assemble the equipment in the bathroom area; make sure the bathroom is warm (warm for 10-15 minutes prior to shower time).
4. Place the tub mat in the tub and the terry cloth mat or large towel on the bathroom floor for the resident to stand on after the bath.
5. Draw the water. Steam from the water will help warm the bathroom. The temperature of the bath water should not exceed 105 degrees F.
6. Assist the resident into the tub, and help bathe the resident as needed. Ensure the resident's privacy.
7. If the resident is left alone, stay within hearing distance of the resident. (If the resident feels faint, let the water run out of tub. Lower the resident's head, cover the resident, and summon help.)
8. Assist the resident out of the tub, and assist him/her to dry with clean towel as needed.
9. Assist the resident with applying lotion, powder under breasts and skin folds (if needed), deodorant.
10. Assist the resident as needed with dressing, oral care, hair care, and foot and nail care as needed.
11. Provide resident comfort measures.
12. Cleanse the equipment and work area, leaving the floor dry. Replace toilet articles. Bag soiled linen (or laundry). Discard disposable items in plastic trash bag.
13. Remove gloves.
14. Wash hands with hand-washing solution.

Outcomes

1. Personal hygiene will be maintained.
2. Resident will have a sense of well-being.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact)

1. Check for any signs of skin breakdown during the bath. If any rash, redness or breakdown is noted, document in Resident Progress Notes and notify nurse.
2. Use extreme caution in the bathroom to avoid falls. This is a high risk area, especially with wet floors.

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Signature of CAREGIVER

Signature of Delegating Nurse

Delegation Competency
Review Date

[illegible]