

Bathing and Grooming – Assisting with Shower

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 CAREGIVER performance annually or as needed to assure continued competency in performance of the task.

General Task: Bathing and Grooming – Assisting with Shower

Supplies Needed

1. Bath towel and washcloth
2. Soap, powder, deodorant, comb, and toilette items
3. Bath mat (shower floor mat, terry cloth mat or similar for outside shower) and shower chair, if needed
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 shower floor mat on the floor in the shower; place the terry cloth mat or other similar mat on the floor outside the shower. Position the shower chair under the shower in a manner that allows the resident to step onto slip-proof mat when standing in front of chair.
5. Turn on the shower at the desired temperature (95 to 105 degrees F) and leave the water running.
6. Escort the resident to the shower. Double check the temperature of the water before assisting the resident into the shower. Ensure resident's privacy.
7. Encourage the resident to wash himself/herself as much as possible. Assist the resident if necessary. If the resident does not need actual assistance in the shower, close shower curtain and stay within hearing distance.
8. When resident has washed and rinsed, turn off the water and help the resident out of the shower.
9. Assist as needed in drying the resident, applying powder, and dressing.
10. Assist the resident as needed with 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.

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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.

Delegation Competency
Review Date[illegible]