



Skills Modules 3.0 Checklist: Personal Hygiene Bathing – Complete Bed Bath

INSTRUCTIONS: Use the following checklist to evaluate competency in completing this skill. Select Satisfactory (S) or Unsatisfactory (U) for each step and provide comments as needed.

*Document the relevant information (assessment findings, pharmacological and nonpharmacological interventions) in the client's medical record.

Step by Step

STEP	S	U	EVALUATOR'S COMMENTS
Gather supplies.			
*Introduce yourself to the client.			
*Verify client identification.			
Explain the procedure to the client.			
Assess the client's activity tolerance for bathing.			
*Assess the client for allergies.			
Assess for any bathing preferences (specific hygiene products, time of bathing, and cultural or personal beliefs).			

STEP	S U EVALUATOR'S COMMENTS
*Provide privacy as needed.	
*Perform hand hygiene and put on appropriate PPE if indicated.	
Assess the client's skin for any abnormalities.	
*Adjust height of bed to comfortable working level.	
Place bath blanket or top sheet over client.	
Remove gown or clothing from client and top covers.	
Fill a basin with warm water and cleansing agent. Add the appropriate cleanser per agency policy.	
Apply clean gloves.	
Wash the client's eyes: With a clean washcloth with only water, wash the client's eyes. Wipe each eye from the inner corner outward.	
Wash the client's face, neck and ears.	

STEP	S U EVALUATOR'S COMMENTS
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Wash the client's upper extremities.

- Form a mitt with a washcloth on your hand.
- Uncover the client's arm closest to you. Wash the arm from fingers to axilla. Rinse and dry.
- Apply lotion and or deodorant if necessary or if client desires.
- Raise the siderail. Move to the opposite side of the bed and repeat the steps above with the other arm.

Wash the client's chest and abdomen.

- Cover the client's chest with a bath blanket. Lower the bath blanket to the client's umbilicus, exposing the chest and abdomen.
- Wash the client's chest and abdomen, covering it in between washing, rinsing, and cleaning.

STEP

S U EVALUATOR'S COMMENTS

Wash the lower extremities.

- Expose the leg closest to you.
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- Wash leg, rinse, and dry, moving from the ankle to the knee and then knee to groin.
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- Apply lotion if necessary or if client desires.
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- Wash the foot, especially between the toes.
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- Thoroughly dry foot and apply lotion if necessary or client prefers.
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- Place the siderail up and move to the other side of the bed. Repeat the above steps with the other lower extremity.
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Change bath water at this time, if not done already.

STEP	S U EVALUATOR'S COMMENTS
Wash the client's back.	
<ul style="list-style-type: none">• Have a second person assist you if client cannot.	
<ul style="list-style-type: none">• Turn client to a side-lying position, with their back to you.	
<ul style="list-style-type: none">• Wash, rinse, and dry the client's back. Use firm strokes from the neck to the buttocks.	
<ul style="list-style-type: none">• Give the client a backrub if not contraindicated.	
<ul style="list-style-type: none">• Wash the buttocks and anus area. Always wash front to back.	
Place the client back in the supine position. Ensure client safety.	
Remove gloves, perform hand hygiene, and put on a new pair of clean gloves.	
Change the bath water at this time.	
Perform perineal care (separate checklist).	
Ensure client safety.	

STEP	S U EVALUATOR'S COMMENTS
Remove gloves and perform hand hygiene.	
Place a new gown or clean clothing on the client.	
Groom the client's hair if necessary.	
Change the client's bed linens.	
*Ensure that the client is in a safe position prior to leaving the room and has the call light within reach.	

References

- Lynn, P. (2019). *Taylor's clinical nursing skills* (5th ed.) Philadelphia: Wolters Kluwer.
- Perry, A.G., Potter, P.A., and Ostendorf, W.R. (2018). *Clinical nursing skills & techniques* (9th ed.) St. Louis, MO: Elsevier.
- Potter, P. A., Perry, A. G., Stockert, P., & Hall, A. (2017). *Fundamentals of nursing* (9th ed.). St. Louis, MO: Elsevier
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