



HELP WITH BATHING

1. Make sure you are aware of the resident's bath practices earlier in life.
 - Time of day-morning, later in the day, before going to bed
 - Types of bathing-tub, shower, bed bath
2. Common issues which cause bathing problems:
 - Pain
 - Employ analgesics and hot packs prior to the bath
 - Move and wash limbs, sore areas carefully
 - Do not rush the resident, allow them to soak in the warm water
 - Fatigue, weakness from frail health status
 - Assess the resident's ability to bathe in a tub or shower
 - Bed bathing may be preferable
 - Determine the time when the resident is most energetic
 - Fear, misunderstanding
 - Move and speak slowly
 - Allow them to participate in the process
 - Encourage family to help initiate the process
 - Anxiety, apprehension
 - Create a calming environment to bathe in
 - Have sex same aides bathe the resident
 - Bath towels, bathrobes to reduce embarrassment
 - Supportive touch while on the lift
 - Discomfort
 - Reduce the discomfort from cold drafts and harsh sprays
 - Comfortable lift seat or shower chair
3. Remember that bathing should be a pleasurable experience.
4. Trusted staff members should be employed on a consistent basis as the bath aide.
5. Washing hair can be the most difficult part of the bath. Many women will allow the hairdresser to wash their hair.

Developed by Thomas Magnuson, MD, Brenda K. Keller, MD, CMD