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.

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