

Skills Checklist: Complete Bed Bath

| Giving a complete bed bath | | | |
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| | Procedure Steps | yes | no |
| 1. | Identifies self by name. Identifies resident. Greets resident by name. | | |
| 2. | Washes hands. | | |
| 3. | Explains procedure to resident. Speaks clearly, slowly, and directly. Maintains face-to-face contact whenever possible. | | |
| 4. | Provides for resident's privacy with a curtain, screen, or door. | | |
| 5. | Adjusts bed to a safe level, usually waist high. Locks bed wheels. | | |
| 6. | Places a bath blanket or towel over resident. Asks him to hold onto it as bedding is folded back. Removes gown, while keeping resident covered with bath blanket or top sheet. | | |
| 7. | Fills basin with warm water. Tests water temperature with thermometer or wrist and ensures it is safe. Has resident check water temperature. Adjusts if necessary. Changes water when it becomes too cool, soapy, or dirty. | | |
| 8. | Puts on gloves. | | |
| 9. | Asks resident to participate in washing. | | |
| 10. | Uncovers only one part of body at a time. Places towel under the body part being washed. | | |
| 11. | Washes, rinses, and dries one part of the body at a time. Starts at head. Works down, and completes the front first. When washing, uses a clean area of the washcloth for each stroke. | | |
| | Eyes, Face, Ears, Neck: Washes face with wet washcloth (no soap). Begins with the eye farther away from self. Washes inner area to outer area. Uses a different area of the washcloth for each eye. Washes face from the middle outward. Washes ears and behind the ears and the neck. Rinses and pats dry with blotting motion. | | |
| | Arms and Axillae: Removes one arm from under the towel. With a soapy washcloth, washes upper arm and underarm. Uses long strokes from the shoulder to the wrist. Rinses and pats dry. Repeats for the other arm. | | |
| | Hands: Washes one hand in a basin. Cleans under the nails with an orangewood stick or nail brush. Rinses and pats dry. Makes sure to dry between the fingers. Gives nail care. Repeats for the other hand. Puts lotion on the resident's elbows and hands if ordered. | | |

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| | Chest: Places towel across resident's chest. Pulls bath blanket down to the waist. Lifts the towel only enough to wash the chest. Rinses it and pats dry. For a female resident, washes, rinses, and dries breasts and under breasts. Checks skin in this area for signs of irritation. | | |
| | Abdomen: Keeps towel across chest. Folds bath blanket down so that it still covers the genital area. Washes abdomen, rinses, and pats dry. Covers with towel. Pulls bath blanket up to the resident's chin. Removes towel. | | |
| | Legs and Feet: Exposes one leg. Places a towel under it. Washes the thigh. Uses long, downward strokes. Rinses and pats dry. Does the same from the knee to the ankle. | | |
| | Places another towel under the foot. Moves basin to the towel. Places foot into basin. Washes foot and between the toes. Rinses foot and pats dry. Dries between toes. Gives nail care if it has been assigned. Applies lotion to the foot if ordered, especially at the heels. Does not apply lotion between the toes. Removes excess lotion. Repeats steps for the other leg and foot. | | |
| | Back: Helps resident move to center of the bed. Asks resident to turn onto his side so his back is facing self. If the bed has rails, raises rail on the far side for safety. Folds blanket away from the back. Places a towel lengthwise next to the back. Washes the back, neck, and buttocks with long, downward strokes. Rinses and pats dry. Applies lotion if ordered. | | |
| 12. | Places towel under the buttocks and upper thighs. Helps the resident turn onto his back. If the resident is able to wash his or her perineal area, places a basin of clean, warm water and a washcloth and towel within reach. Hands items to the resident as needed. Lowers bed and removes and discards gloves if asked to leave the room. Washes hands. Leaves supplies and the call light within reach. If the resident has a urinary catheter in place, reminds him not to pull on it. | | |
| 13. | If the resident cannot do perineal care by himself, removes and discards gloves. Washes hands. Puts on clean gloves. | | |
| 14. | Perineal area and buttocks: Changes bath water. Washes, rinses, and dries perineal area. Works from front to back (clean to dirty). | | |
| | For a female resident: Uses water and a small amount of soap, and cleans from front to back. Uses single strokes. Uses a clean area of washcloth or clean washcloth for each stroke. | | |

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| | Separates the labia majora and wipes from front to back on one side with a clean washcloth, using a single stroke. Using a clean area of the washcloth, wipes the other side from front to back. Using another clean area of the washcloth, wipes down the center from front to back. Cleans the perineum (area between genitals and anus) last with a front to back motion. Rinses the area thoroughly in the same way. Makes sure all soap is removed. | | |
| | Dries entire perineal area. Moves from front to back. Asks resident to turn on her side. Washes, rinses, and dries buttocks and anal area. Cleans anal area without contaminating the perineal area. | | |
| | For a male resident: If the resident is uncircumcised, pulls back the foreskin first. Pushes skin toward the base of penis. Holds penis by the shaft. Washes in a circular motion from the tip down to the base. Uses clean area of washcloth or clean washcloth for each stroke. | | |
| | Thoroughly rinses the penis. If resident is uncircumcised, returns foreskin to normal position. Then washes scrotum and groin. Rinses thoroughly and pats dry. Asks resident to turn on his side. Washes, rinses, and dries buttocks and anal area. Cleans anal area without contaminating the perineal area. | | |
| 15. | Empties, rinses, and dries bath basin. Places basin in designated dirty supply area or returns to storage, depending on policy. | | |
| 16. | Places soiled clothing and linens in proper containers. | | |
| 17. | Removes and discards gloves. | | |
| 18. | Washes hands. | | |
| 19. | Provides deodorant. | | |
| 20. | Puts clean gown or clothes on resident. Assists with brushing or combing resident's hair. | | |
| 21. | Removes bath blanket. Replaces bedding. Makes resident comfortable. | | |
| 22. | Returns bed to lowest position. Removes privacy measures. | | |

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| 23. | Leaves call light within resident's reach. | | |
| 24. | Washes hands. | | |
| 25. | Is courteous and respectful at all times. | | |
| 26. | Reports any changes in resident to the nurse. Documents procedure using facility guidelines. | | |
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| <hr/> Date Reviewed | | <hr/> Instructor Signature | |
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