

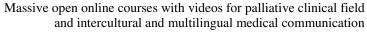


Programme: Erasmus+ Action: Strategic Partnerships

BED BATH - WASHING A BEDRIDDEN PATIENT BY USING WATER AND COMMON SOAP

Skin care is essential to the wellbeing of (bedridden) palliative patients and constitutes one of the cornerstones of daily nursing practice. Traditional washing with water and soap is still standard of care. However, the disposable bath, which is prepacked in single-use units and heated before use, is gaining interest.

		Concept				P
PR	EPARATION					
1	 Examine the patient's medical records: Validate the timetable prescribed for hygienic care Check for any contra indications to bed bath and the use of soap or any other common hygienic products (e.g. allergy to soap) Check for the presence of any catheters or other devices that may complicate a bed bath, or that may require supplementary staff to ensure patients' safety 					0 4 9
2	Wash the hands or put on clean medical gloves (only in the case of tegumentary lesions of the nurses' hands or of a high infectious potential of the patient), as part of standard precautions.	standard precautions				0 1 3
3	Collect all the necessary equipment (2 towels, 2 washcloths, alcoholic hand disinfection, a cup, incontinence pads if needed, comb or hairbrush, flannel, sick bowl, 2 pair clean medical gloves, shaving supplies, toothbrush, toothpaste, washtub, soap, clean linen) and take it with you to the room of the patient.	YES NO				0 5 9
4	Close the door and Ensure a private space for bathing the patient if relevant (curtains, screen, occupied-signal, etc.)	YES NO				0 4 9
5	Rapid evaluation of the presence of vital signs (the presence of consciousness, movements, speech, breathing) Hello. My name is I am the nurse who will give you a bed bath.	Vital functions preserved □; cardiorespiratory arrest□ (initiating medical measures - basic life support, -initiating the discussion)				0 2 5
6	Could you, please, tell me what your name is? And your date of birthThank you.	Conformity with the observations sheet for: Name: Date of birth:	ESSENTIAL		L	
7	Put the bed in working position (appropriate height) and possibly lower the bed laterals. Can you lie in supine position without problems?	YES NO				0 4 9
8	I am now going to wash you	We explain to the patient WHAT WE WILL DO Tell the patient how he/she can CONTRIBUTE to the bed bath	ESSENTIAL			L



Ref. no.: 2014-1-RO01-KA203-002940

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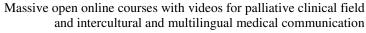
9 Put water in the washtub, after asking the patient about the desired temperature 10 If available, put a chair next to the foot end of the bed 11 Arrange the flannel on the patient, remove the top layer of the bed linen and place it at the foot end of the bed or on the chair. Remove pillows and leave one pillow in place 12 Remove clothing of the patient 13 Place a towel on the pillow under the patients' head. 14 Wash and dry the eyes of the patient, from ear-side to noseside. Do not use soap. 15 Wash using water and soap, rinse and dry the patients' face, behind the ears, and the neck. 16 Fold the flannel down and place the towel on the chest; wash, rinse and dry the chest and armpits and fold the flannel up again. 17 Place the towel under the furthest arm, wash, rinse and dry from the upper arm to the hand, and between fingers. 18 Place the towel under the closest arm, wash, rinse and dry the upper arm to the hand, and between fingers. 19 Cover the upper body with a flannel and fold the lower part of the flannel up to the knees 20 Place the towel for the intimate wash under the furthest leg, wash, rinse and dry from the knee till the foot, and between toes. 21 Place the towel under the closest leg, wash, rinse and dry from the knee till the foot, and between toes. 22 Fill the bath tub with fresh water; mind the desired temperature of the water. 23 Fold the flannel up and place the towel on the lower abdomen and pubic area 24 Disinfect hands (according to picture below; during 30 seconds)	PE	RFORMANCE						
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24 Distinct fidings (according to picture below; during 50 seconds)	24							
	Z4	Distince natios (according to picture below; during 50 seconds)						1
								3





Source: <u>www.2care.be</u>







Programme: Erasmus+ Action: Strategic Partnerships



	<u> </u>	1			1	0
25	Put on gloves					0
26	Put soap on each side of the wash flannel					0
20	Fut soap on each side of the wash frame					5
27	Wash, rinse and dry:					
	• Female patient:					
	- First lower abdomen (navel), first the furthest					
	thigh till the knee, the other thigh and the groin					
	- Turn the wash flannel and wash the pubic area,					
	spread the labia and wash from the top down					
	with soap					0
	• Male patient:					4
	- First lower abdomen (navel), first the furthest					9
	thigh till the knee, the other thigh and the groin					
	- Turn the wash flannel and wash the scrotum and					
	the penis					
	1					
	- The fore skin is pushed back, then wash and dry,					
20	then push the fore skin back					0
28	Take off gloves					1 3
29	Disinfect hands (See step 24)					0
2)	Districce names (See step 2+)					1 3
30	Replace bed safety					0
	Tropiaco oca sarety					1 3
31	Take clean water again					0
						4 9
32	Turn patient on his/her side					0
	1					2 5
33	Fold the sheet till the back of the patient					0
	1					1 3
34	Place the upper body towel by the back- the lower body					0
	towel by the backside.					1
35	Wash with the upper body wash flannel the back down till		ES	SSEN	ITIAI	
	the lower back, rinse and dry					_
36	Disinfect hands (See step 24)					0
	,					1 3
37	Put on gloves					0
	1 00 011 810 (00					1 3
38	Put soap on the lower body wash flannel on one side and					0
	sideways on one side					4 9
39	Wash the lower back, back of the thighs till the back of the					
	knee, open the fold of the buttocks with the other hand and		ESSENTIAL			
	wash with the flannel sideways from the back passage					
	upwards, rinse and dry in the same order					
40	Take off gloves					0
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Massive open online courses with videos for palliative clinical field and intercultural and multilingual medical communication

Ref. no.: 2014-1-RO01-KA203-002940

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					1 3
41	Disinfect hands (See step 24)				0
					3
42	The patient can turn back or help the patient to turn back				0 1 3
43	Dress the patient and place him /her in a sitting (or semi				0
	recumbent) position				1 3
44	Place the upper body towel behind the head of the patient				0
	and comb hair. Then remove towel again.				1 3
45	Place sick bowl, glass/cup with clean water, toothbrush,				
	toothpaste, shaving equipment and a paper tissue on the				0
	table and bring it closer to the patient. If required, assist the				3
	patient with brushing teeth				
46	Remove the equipment again and clean and disinfect the				0
	table again.				3
AF'	TER CARE			 	
47	Install patient in a comfortable position				0
					3
48	Lower the bed again				0 3
					6
49	Make sure the bell (or other contact system) is easy to				0
	approach				3
50	Tidy the room, open curtains, remove covers				0
51	Turn of occupancy sign				0
31	Turn of occupancy sign				1 3
52	Tidy up in the nursing station				0
	Tray up in the national station				1 3
53	Sign for conducting the bed bath in the patients record				0
	sign for conducting the oca caus in the patients record				1 3
54	Report in the patients record				0
	Transfer to the transfer to th				3 6
55	Report verbally				0
	•				1 3
	Total score: 2	200			%
			TĂ		%
					%
					70

Washing without water is possible:

- Schoonhoven L, van Gaal B, Teerenstra S, Adang E, van der Vleuten C, van Achterberg T. Cost-consequence analysis of "washing without water" for nursing home residents: A cluster randomized trial. International Journal of Nursing Studies. January 2015 52(1):112-120. DOI 10.1016/j.ijnurstu.2014.08.001

Legend: ○- unfulfilled criterion; ● – partially fulfilled criterion; ● – completely fulfilled criterion

 Nøddeskou LH, Hemmingsen LE, Hørdam, B. Elderly patients' and nurses' assessment of traditional bed bath compared to prepacked single units - randomised controlled trial. Scandinavian Journal of Caring Sciences. June 2015, Vol. 29 Issue 2, p347-352. 6p. DOI: 10.1111/scs.12170.



(score according to column P)