

STUDENT: _____ DATE: _____
 INSTRUCTOR: _____ DATE: _____

PROCEDURE PERFORMANCE CHECKLIST
 Skill 38-1 Bathing a Client

	S	U	NP	Comments
1. Assess client's tolerance for activity, discomfort level, cognitive ability, and musculoskeletal function.	_____	_____	_____	_____
2. Assess client's bathing preferences.	_____	_____	_____	_____
3. Ask if client has noticed any skin problems or changes.	_____	_____	_____	_____
4. Review orders for specific precautions concerning client's movement or positioning.	_____	_____	_____	_____
5. Explain procedure to client and ask client about bathing preferences.	_____	_____	_____	_____
6. Prepare room for comfort and privacy.	_____	_____	_____	_____
7. Prepare equipment and supplies.	_____	_____	_____	_____
8. Offer client bedpan or urinal. Provide towel and washcloth.	_____	_____	_____	_____
9. Perform hand hygiene. Apply disposable gloves as needed.	_____	_____	_____	_____
10. Bathe client:				
A. Complete or partial bed bath:				
(1) Lower side rail closest to you, and assist client in assuming a comfortable position that maintains body alignment. Bring client toward side of bed closest to you. Place bed in high position.	_____	_____	_____	_____
(2) Loosen top covers at foot of bed. Place bath blanket over top sheet. Fold and remove top sheet from under blanket.	_____	_____	_____	_____
(3) If top sheet is to be reused, fold it for later replacement. If not, place it in laundry bag.	_____	_____	_____	_____
(4) Remove client's gown or pajamas.	_____	_____	_____	_____
(5) Pull side rail up. Fill washbasin two-thirds full with warm water. Have client test temperature. Place plastic container of lotion in bath water to warm, if desired.	_____	_____	_____	_____
(6) Remove pillow if allowed and raise head of bed 30 to 45 degrees. Place bath towel under client's head. Place second bath towel over client's chest.	_____	_____	_____	_____

Continued

	S	U	NP	Comments
(7) Fold washcloth around fingers of your hand to form mitt. Immerse mitt in water and wring thoroughly.	_____	_____	_____	_____
(8) Inquire if client is wearing contact lenses. Wash client's eyes with plain warm water. Use different section of mitt for each eye. Move mitt from inner to outer canthus. Soak any crusts on eyelid for 2 to 3 minutes with damp cloth before attempting removal. Dry eye thoroughly but gently.	_____	_____	_____	_____
(9) Ask if client prefers to have soap used on face. Wash, rinse, and dry well client's forehead, cheeks, nose, neck, and ears.	_____	_____	_____	_____
(10) Remove bath blanket from client's arm that is closest to you. Place bath towel lengthwise under arm. Raise side rail and move to other side to wash arm, if desired.	_____	_____	_____	_____
(11) Bathe client's arm with soap and water using long, firm strokes from distal to proximal areas. Raise and support client's arm above head (if possible) while washing axilla.	_____	_____	_____	_____
(12) Rinse and dry arm and axilla thoroughly. Apply deodorant or talcum powder, if used.	_____	_____	_____	_____
(13) Fold bath towel in half and lay it on bed beside client. Place basin on towel. Immerse client's hand in water. Allow hand to soak for 3 to 5 minutes before washing hand and fingernails. Remove hand from basin and dry well.	_____	_____	_____	_____
(14) Raise side rail and move to other side of bed. Lower side rails and repeat steps 11 through 13 for other arm.	_____	_____	_____	_____
(15) Check temperature of bath water, and change water if necessary.	_____	_____	_____	_____

Continued

	S	U	NP	Comments
(16) Cover client's chest with bath towel, and fold bath blanket down to umbilicus. Lift edge of towel away from client's chest. Bathe client's chest using long, firm strokes with mitted hand. Wash skinfolds under female clients' breasts. Keep client's chest covered between washing and rinsing. Dry well.	_____	_____	_____	_____
(17) Place bath towel(s) lengthwise over client's chest and abdomen. Fold blanket down to just above client's pubic region.	_____	_____	_____	_____
(18) Lift bath towel. Bathe client's abdomen with mitted hand. Stroke from side to side. Keep client's abdomen covered between washing and rinsing. Dry well.	_____	_____	_____	_____
(19) Help client put on clean gown or pajama top.	_____	_____	_____	_____
(20) Cover client's chest and abdomen with top of bath blanket. Expose client's nearer leg by folding blanket toward midline. Drape client's perineum and other leg.	_____	_____	_____	_____
(21) Bend client's leg at knee by positioning your arm under client's leg. Elevate leg from mattress slightly while grasping client's heel, and slide bath towel lengthwise under leg. Ask client to hold foot still. Place bath basin on towel on bed, and secure its position next to the foot to be washed.	_____	_____	_____	_____
(22) Raise the lower leg and place foot in basin. Allow client's feet to soak after the bath, unless contraindicated.	_____	_____	_____	_____
(23) Use long, firm strokes in washing from client's ankle to knee and from knee to thigh, unless contraindicated. Dry well.	_____	_____	_____	_____
(24) Cleanse client's foot, making sure to bathe between toes. Clean and clip nails as needed. Dry well. Apply lotion to dry skin. Do not massage any reddened area on client's skin.	_____	_____	_____	_____

Continued

	S	U	NP	Comments
(25) Raise side rail and move to other side of bed. Lower side rail and repeat steps 21 through 24 for client's other leg and foot.	_____	_____	_____	_____
(26) Cover client with bath blanket, raise side rail for client's safety, and change bath water.	_____	_____	_____	_____
(27) Lower side rail. Assist client in assuming a prone or side-lying position (as applicable). Place towel lengthwise along client's side.	_____	_____	_____	_____
(28) Keep client draped by sliding bath blanket over his or her shoulders and thighs. Wash, rinse, and dry back from neck to buttocks using long, firm strokes. Give client a back rub.	_____	_____	_____	_____
(29) Apply disposable gloves if not done previously.	_____	_____	_____	_____
(30) Assist client in assuming a side-lying or supine position. Cover client's chest and upper extremities with towel and lower extremities with bath blanket. Expose client's genitalia only. Wash, rinse, and dry perineum. Apply water-repellent ointment to area exposed to moisture.	_____	_____	_____	_____
(31) Dispose of gloves in receptacle.	_____	_____	_____	_____
(32) Apply additional body lotion or oil on client as desired.	_____	_____	_____	_____
(33) Assist client in dressing. Comb client's hair.	_____	_____	_____	_____
(34) Make client's bed.	_____	_____	_____	_____
(35) Remove soiled linen and place it in laundry bag. Clean and replace bathing equipment. Replace call light and client's personal possessions. Leave room as clean and comfortable as possible.	_____	_____	_____	_____
(36) Perform hand hygiene.	_____	_____	_____	_____
B. Tub bath or shower:				
(1) Consider client's condition, and review orders for precautions.	_____	_____	_____	_____
(2) Check tub or shower for cleanliness. If necessary, use cleaning techniques outlined in agency policy. Place rubber mat on tub or shower bottom. Place disposable bath mat or towel on floor in front of tub or shower.	_____	_____	_____	_____

Continued

	S	U	NP	Comments
(3) Collect all hygienic aids, toiletry items, and linens requested by client. Place within easy reach of tub or shower.	_____	_____	_____	_____
(4) Assist client to bathroom if necessary. Have client wear robe and slippers to bathroom.	_____	_____	_____	_____
(5) Demonstrate how to use call signal for assistance.	_____	_____	_____	_____
(6) Place "Occupied" sign on bathroom door.	_____	_____	_____	_____
(7) Fill bathtub halfway with warm water. Ask client to test water, and adjust temperature if needed. Show client which faucet controls hot water. If client is taking a shower, turn shower on and adjust temperature before client enters shower stall. Provide tub chair or shower seat if needed.	_____	_____	_____	_____
(8) Instruct client to use safety bars when getting in and out of tub or shower. Caution client against use of bath oil in tub water.	_____	_____	_____	_____
(9) Instruct client not to remain in tub longer than 20 minutes. Check on client every 5 minutes.	_____	_____	_____	_____
(10) Return to bathroom when client signals, and knock before entering.	_____	_____	_____	_____
(11) Drain tub before client attempts to get out of it. Place bath towel over client's shoulders. Assist client as needed.	_____	_____	_____	_____
(12) Assist client in donning clothing, if necessary.	_____	_____	_____	_____
(13) Assist client to room and to a comfortable position in bed or chair.	_____	_____	_____	_____
(14) Clean tub or shower according to agency policy. Remove soiled linen and place it in laundry bag. Discard disposable equipment in proper receptacle. Place "Unoccupied" sign on bathroom door. Return supplies to storage area.	_____	_____	_____	_____
(15) Perform hand hygiene.	_____	_____	_____	_____
11. Observe client's skin, paying particular attention to areas that were previously soiled, reddened, or that showed early signs of breakdown.	_____	_____	_____	_____
12. Observe client's range of motion during the bath.	_____	_____	_____	_____

Continued

	S	U	NP	Comments
13. Ask client to rate level of comfort.	_____	_____	_____	_____
14. Record bath on flow sheet. Note level of assistance required.	_____	_____	_____	_____
15. Record condition of client's skin and any significant findings.	_____	_____	_____	_____
16. Report evidence of alterations in client's skin integrity.	_____	_____	_____	_____