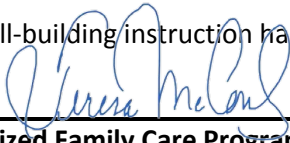


**SPECIALIZED FAMILY CARE
Provider Training**

Category:	Pre-Service Training
Title:	Personal Care: Bathing
Materials:	©Occupational Training Solutions video, Skills Tips
Goal:	Provider can safely and effectively assist persons in placement with bathing in a shower, tub, or bed.
Credit Hours:	1 hour
Date Developed:	January 2016
Developed by:	Occupational Training Solutions

This skill-building instruction has been approved for Specialized Family Care Provider training by:



1/1/2016

Specialized Family Care Program Manager

Date

Training Objectives:

- Specialized Family Care Provider can safely and effectively assist a person in placement with bathing in a shower, tub, or bed.

Training Procedures:

- Specialized Family Care Provider initiated self-study via video
- Test completed by Specialized Family Care Provider
- Review of test responses by Family Based Care Specialist and Specialized Family Care Provider

I certify that I have completed all the materials associated with this training module. I feel that I have a basic understanding of the material completed.

Specialized Family Care Provider	Start Time	End Time	Date
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Reviewed by: _____
Family Based Care Specialist **Date**

This Program is funded by the WV Department of Health & Human Resources, Bureau for Children & Families and administered by the Center for Excellence in Disabilities, West Virginia University.

Shower

Video Description: This video shows a complete shower from start to finish. This includes dressing, transferring, and cleansing.

Skills Tips

Things to Remember:

- Do not leave the patient alone in the shower.
- Cleanse the patient from the top down.
- If possible, start with the hair unless the patient has dementia or difficulty breathing. In these situations, you may wash the hair last.
- The brakes on shower chairs usually do not work well. Brace the chair against something when transferring a patient in or out of them.
- Clean the shower before and after using it.
- The floor should be dry before assisting a patient to stand in the shower room. Keep all items you need for the shower within reach so you do not need to walk away from the patient.
- If they are able, let the patient test the water temperature after you have made sure it is safe.
- Use lotion to moisturize the skin once the shower is complete. Clean under breasts, all skin folds, and between fingers and toes.

Things to Report:

- Any bruising, rashes, redness, swelling, open areas, or anything else unusual you notice
- Complaints the patient may have had during the shower

Tub Bath

Video Description: In this video, a complete tub bath is demonstrated with focus on proper cleansing.

Skills Tips

Things to Remember:

- Be sure the floor is dry any time the patient is standing up. You may place a towel on the floor for the patient to stand on to help with this.
- Do not leave a disabled patient alone in the tub at any time.
- If whirlpool is ordered by the doctor, know what specific orders and procedures might be indicated.
- You may place a towel in the bathtub for the patient to sit on for comfort and security.
- It is important that you are properly trained to use all equipment before using it. Ask how to use the tub if you are unsure.
- Some tub baths require lifts to assist the patient in and out of the tub. Be sure the patient is secure on the lift prior to operating it.

- When possible, rinse the patient off after the bath.
- Encourage female patients to urinate after using the tub to help prevent urinary tract infections.

Things to Report:

- Any bruising, rashes, redness, swelling, open areas or anything else unusual you notice
- Complaints the patient may have had during the bath
- Changes in your patient's ability to exit in or out of the tub

Bed Bath

Video Description: This video shows a patient receiving a bed bath.

Skills Tips

Things to Remember:

- Keep the patient covered whenever possible. A bath blanket can be used if available.
- Cover the bed under the area you are cleaning to keep it dry.
- Use a wash basin and a rinse basin if using washcloths. You can minimize contamination by not putting used washcloths back into the basin.
- Wash, rinse, and dry an area before moving to the next area.
- Be sure to wash in the navel and under any creases or folds in the skin.
- When side rails are available, put them up on the side you are rolling the patient toward.
- If the patient needs perineal care, use a clean basin of water. It is important to use lotion on the patient's skin.

Things to Report:

- How the patient tolerated the bed bath
- Any bruising, rashes, redness, swelling, open areas or anything else unusual you notice
- Complaints your patient may have had during the bath