

PERFORMANCE CHECKLIST

Giving Complete Bed Bath

Name _____

*To be completed by instructor during observation of **100%, unassisted mastery** of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.*

Equipment: Wash basin of warm water, bath thermometer, soap dish, soap or non-rinsing product, washcloths, towels, clean clothing, bath blanket or equivalent, lotion, oral hygiene and personal care products, dirty linen container, gloves.

- ___ 1. Knock before entering.
- ___ 2. Address resident by name.
- ___ 3. State your name and title.
- ___ 4. Identify resident.
- ___ 5. Explain procedure.
- ___ 6. Wash hands.
- ___ 7. Assemble equipment.
- ___ 8. Provide privacy and prevent drafts.
- ___ 9. Offer bedpan or urinal following procedure.
- ___ 10. Provide for resident safety and elevate bed to best level for body mechanics. Place bed in flat position if tolerated.
- ___ 11. Put on gloves.
- ___ 12. Fold blanket and bedspread together and place over back of chair. Provide for resident safety when leaving bedside.
- ___ 13. Place bath blanket/equivalent over top sheet, remove top sheet and place in dirty linen container.
- ___ 14. Remove clothing and place in dirty linen container.
- ___ 15. Perform oral hygiene or denture care following proper procedure, as needed.
- ___ 16. Fill wash basin 2/3 full with water **not warmer than 105-110°F**. If using product that does not need rinsing, add to water as needed.
- ___ 17. Place wash basin on overbed table.
- ___ 18. Place bath towel across chest and make mitt with washcloth. Use mitt for rest of procedure.
- ___ 19. Observe condition of skin throughout procedure.
- ___ 20. Wash eyes from nose to outer edge of face with water. Wash rest of face, ears and neck with soap or water, as resident desires. Pat dry.
- ___ 21. Pull bath blanket down to waist from under towel.
- ___ 22. Pick up bottom of towel and wash breasts/chest from under towel, without exposing resident. Dry. Use care washing and drying under breasts.
- ___ 23. Turn towel long ways and pull bath blanket down to expose abdomen. Wash and dry.

- _____ 24. Replace bath blanket and place towel diagonally across chest.
- _____ 25. Bring arm farthest from you across chest and wash shoulder, axilla and arm using strokes toward heart. Support arm by resting on forearm as needed. Rinse and dry. **NOTE:** If resident large, do not attempt to reach and put undue strain on back. Provide for resident safety and go to opposite side of bed or get assistance as needed. This applies to washing legs also.
- _____ 26. Put basin on bed on your side, place hand in basin and wash hand and fingernails. Dry.

Nail Care

- _____ Clean nails using nail file or orange stick.
- _____ Dry each hand or foot.
- _____ Trim nails straight across using clippers if allowed.
- _____ File rough edges until smooth with nail file or emery board.
- _____ Apply lotion and gently massage each hand or foot.
- _____ 27. Wash, rinse and dry closest shoulder, axilla, arm and hand in same way.
- _____ 28. Change water in wash basin if soapy or cool.
- _____ 29. Expose leg farthest away and place towel under leg. If possible flex leg, place foot in basin and wash using strokes toward heart, rinse and dry leg and foot. Dry well between toes.
- _____ 30. Repeat for other leg and foot without putting strain on back.
- _____ 31. Provide for resident safety and change water.
- _____ 32. Position on side and place towel on bed under back. Wash, rinse, and dry back and buttocks.
- _____ 33. Give back rub using lotion. Lotion may be applied to other areas of dryness as needed.
- _____ 34. Assisted with pericare if unable to do own pericare, perform at this time, cleaning from front to back.
- _____ 35. If able to do self-pericare, position on back and put in semi -Fowler's.
- _____ 36. Provide clean, soapy washcloth to wash and towel to dry genital area.
- _____ 37. Remove gloves and wash hands and put on clean gloves.
- _____ 38. Assist to apply personal care products.
- _____ 39. Assist to dress.
- _____ 40. Provide for resident safety and lower bed.
- _____ 41. Assist to chair, and change linen following procedure.
- _____ 42. If on bedrest change bed following procedure.
- _____ 43. Clean and return equipment to proper place.
- _____ 44. Clean overbed table.
- _____ 45. Remove gloves and wash hands.
- _____ 46. Provide for comfort with call signal in reach.
- _____ 47. Record actions and report any abnormal observations to supervisor.

Pass _____ Instructor's Signature _____ Date _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. 2005