

Training Your Caregiver: How to Give a Bath

What is a bed bath?

Giving a bed bath means washing someone who is in bed. A bed bath cleans the skin and helps keep the skin free of infection. Allow the veteran to wash him/herself as much as possible. In some cases, the caregiver may only need to get the bath supplies ready and wash the person's back. In other cases, the caregiver may need to perform most or all of the bath.

How to give a bath to someone in bed:

Gather the following items and put them within easy reach on a table by the bed:

- Disposable gloves.
- Water basin (bowl) to hold the water for the bed bath.
- Soft, lightweight cotton or flannel blanket.
- Bath towel and washcloth.
- Soap, powder, lotion, deodorant, comb, hairbrush, and mouth care supplies, such as toothbrush and toothpaste.
- Clothing, such as underwear and clean bedclothes or robe.

Before giving a bed bath:

***NOTE:** Often the elderly or disabled veteran client will decline a bath because the room is cold. Many elderly and disabled persons are more sensitive to cold and heat than other people. Your client may be fearful of getting chilled and sick because is too cold or the bath water is too hot or cold. To avoid this, follow these instructions carefully.*

1. Close the windows or turn up the heat to keep the room warm while giving the bath.
2. Fill the basin with warm water. The temperature of the water should not be higher than 115 degrees F using a bath thermometer. If you do not have a bath thermometer it should be

comfortably warm to your elbow. The water will cool to a lower temperature by the time it touches the veteran's body.

3. Put the soft blanket over the top sheet that is covering the veteran. Pull back the top sheet to keep it from getting wet. Help remove the veteran's clothes. The blanket will keep the veteran warm and give him/her privacy. During the bath, keep the veteran covered with the blanket as much as possible.

Giving the bed bath:

1. Wear disposable gloves if the person has draining wounds.
2. Wet the washcloth without soap. Gently wipe one eyelid from the inner corner of the eye to the outer corner. Dry the eyelid with a towel. Rinse the washcloth in the water. Wash and dry the other eyelid.
3. Using a mild liquid soap, wash the face, neck, and ears. Rinse off the soap and dry the washed areas. Place a towel under one arm. Wash the veteran's hand, arm, and underarm. Rinse off the soap and dry the arm well, especially under the arm. Wash, rinse, and dry the other hand and arm.
4. Fold down the blanket to wash the chest and stomach (belly). Wash, rinse, and dry these areas. Cover the chest and stomach with the blanket.
5. Remove the blanket from one of the legs and put a towel under that leg. Wash, rinse, and dry the foot and leg. Repeat this procedure on the other leg.
6. While lying in bed, the veteran may enjoy soaking his/her feet in a basin. Place a towel under the basin to keep the bed from getting wet. Help the veteran place one foot into the basin. You may need to support the leg while washing the foot. Remove the foot from the water and dry it. Place the other foot into the basin. Wash, rinse, and dry the foot.
7. Empty the dirty water into the sink. Fill the basin with clean warm water. Place the lotion bottle into the basin. This will warm the lotion before you use it. Ask or help the veteran to roll on his/her side so you can wash the back. The person should not be too close to the edge of the bed to prevent a fall.

8. Place the towel on the bed along the person's back. Fold down the blanket. Wash the veteran's neck, back, buttocks (rear end), and thighs (upper legs). Rinse the washcloth in the basin and remove the soap from the washed areas. Dry the back, buttocks, and thighs. Ask the veteran if he/she would like to have a back rub with the warmed lotion.
9. The perineum (pair-uh-nee-um) is the last area to be washed. Wear disposable gloves when washing this area. This area is also called the pubic area or genital area. It is the area between the thighs and includes the genitals and anus. The anus is the opening where BM (Bowel Movement) leaves the body. **This part of the body should be washed every day.** Washing the perineum keeps the body from smelling and becoming infected.

Exam Follows on Next Page



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Employee Name: _____

Date: _____

1. In your own words, describe what a bed bath is:

2. A caregiver will always give a full bed bath:

- a. True.
- b. False.

3. List five (5) items a caregiver should gather to prepare to give a bed bath:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

4. What is a possible unstated reason that an elderly or disabled veteran may refuse a bath?

- a. The water is too cold.
- b. The room is too cold.
- c. The water is too hot.
- d. All of the above.

5. A caregiver should always put on gloves before you give a bed bath.

- a. True.
- b. False.

6. The first area to be washed during a bed bath are the eyes. To do this, the caregiver should:
- a. Wet the washcloth without soap. Gently wipe one eyelid from the inner corner to the outer corner.
- OR...**
- b. Wet the washcloth with liquid soap. Gently wipe one eyelid from the inner corner to the outer corner.
7. When washing the veteran's back:
- a. Ask the veteran or assist the veteran to roll on his/her side.
 - b. Tell the veteran not to get too close to the edge of the bed to prevent a fall.
 - c. Both of the above.
8. The perineum (pair-uh-nee-um) is the last area to be washed.
- a. True.
 - b. False.
9. A caregiver should always wear disposable gloves when washing the perineum.
- a. True.
 - b. False.
10. The purpose of daily washing of the perineum is to keep the body from smelling and becoming infected.
- a. True.
 - b. False.

In order to receive your state-required home caregiver CEUs, you must mail this test along with your signed FORM 1732 Management and Training of Service Provider (on the next page) to:

**CTADVRC – VDHCBS
PO Box 729
Belton TX 76513**

Score: _____ of 15

Pass – Fail



Consumer Directed Services Management and Training of Service Provider

Table with 3 columns: Service Provider Name (Employee), First Day of Work, Annual Evaluation Due Date, Name of Individual Receiving Services, Program, Services Delivered, Name of Consumer Directed Services Employer

I. Purpose

- Initial Orientation, Ongoing Training (checked), Evaluation (30-Day, 3-Month, 6-Month, Annual, Other), Supervision (Verbal Warning, Written Warning), Conflict Resolution

II. Documentation of Topics Covered at Initial Orientation or Ongoing Training: (Initial orientation must include training related to the individual's condition and the tasks the service provider will perform as well as any required training described in an applicable addendum to Form 1735, Employer and Financial Management Services Agency Service Agreement.)

Training Your Caregiver: How to Give a Bed Bath from the VDHCBS website (ctadvrc.org) with test attached.

III. Documentation of Abuse, Neglect and Exploitation Training: (Initial orientation must include training on acts that constitute abuse, neglect or exploitation of an individual.)

IV. Evaluation/Performance Review:

V. Corrective Action Plan (if applicable):

Date for follow-up on corrective action plan:

VI. Service Provider Comments:

Signature of Service Provider, Date

This document has been reviewed with the service provider listed above.

Signature of Employer, Date, Signature of Witness, Date

Date sent to FMSA, Date received by FMSA