

WASHING A PATIENT

PREPARATION - Equipment needed:

Two towels (at least)
Clean clothes
Clean bed linen

Cloths or cleansing
wipes

Two large bowls, one
for washing and one
for rinsing

Barrier cream
(if required)

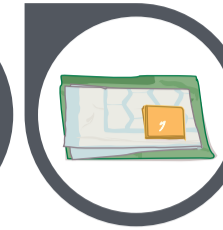
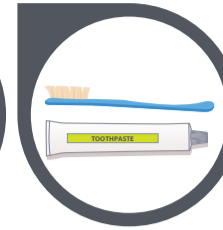
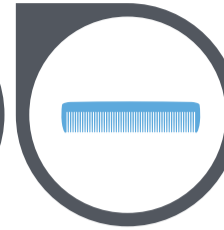
Skin cleanser or soap
substitute emollient

Comb

Toothbrush and
toothpaste

Glass of water to rinse
mouth

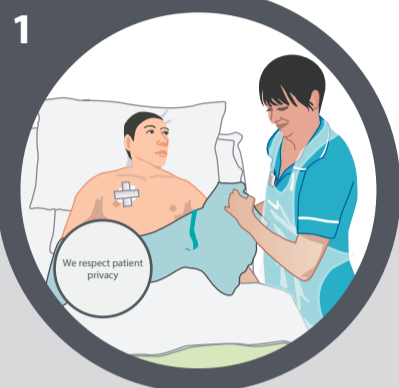
Incontinence pads, Slide
sheets, Rubbish bag and
bed linen disposal bag



- Water needs to be warm not too cold or too hot and the patient should be asked if it is comfortable for them (where possible).
- PPE (used as specified in the trust's policies and procedures)

10 STEPS TO PERSONAL CARE:

UNDRESS THE PATIENT



Assist the patient to undress.

FACE



Wash with cleanser, rinse with clean water and dry the patient's face. Clean the eyes first, forehead, cheeks, ears, nose, jaw, and neck. Shave if required.

ARMS AND HANDS



Lay a towel underneath the arm and wash with cleanser, rinse with clean water and dry the patient's arms and underarms.

TORSO



Wash with cleanser, rinse with clean water and dry the patient's upper body, attention to under the breasts, or abdominal skin folds.

GENITALS



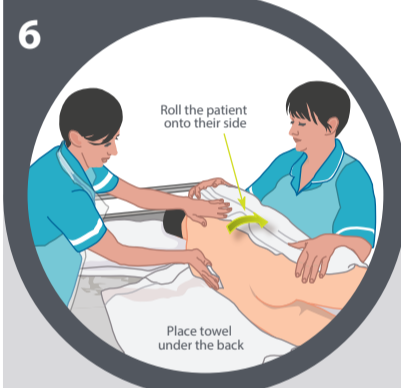
Wash and dry the patient's genitalia. Female patients wash front to back. Male patients ensure foreskin is pulled back and clean and dry. Use a separate cloth and dispose of water.

LEGS AND FEET



Cover the upper body, place a towel underneath the legs and wash and dry the patient's legs and feet. Ensuring you are drying in between the toes.

BACK



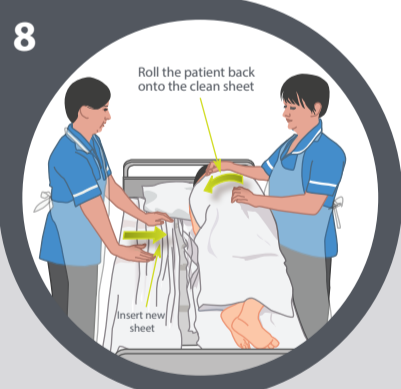
Roll the patient onto their side, place towel under the back and wash and dry the back.

SACRUM



Wash and dry the patient's sacral area.

INSERT NEW SHEET



Insert new sheet and roll the patient back onto the clean sheet.

MOUThCARE



Brush teeth/gums (remove and clean dentures), rinse with clean water and spit into wash bowl.

HAIRCARE



Brush patient's hair.

TOP TIPS FOR MAINTAINING SKIN INTEGRITY:



For patients with vulnerable skin please avoid soap/shower gel and use a pH balanced cleanser



Always rinse with clean water. (To prevent cross contamination)



Ensure the skin is dry after washing. (Between toes, in skin folds, under breasts)



Always pat dry the skin, never rub.



Apply barrier products to prevent Moisture-Associated Skin Damage. (See local wound care formulary guidance)



Inspect all areas of the skin for changes like pressure and/or moisture damage, skin tears and bruising etc and document on body map and within trust documentation.

REFERENCES:

Allen K, Duncan A, Maguire J (2004) Personal hygiene: skin care. In Dougherty L, Lister S (Eds) The Royal Marsden Hospital Manual of Clinical Nursing Procedures. Sixth edition. Blackwell Publishing, Oxford, 580-586. | Baker F, Smith L, Stead L (1999) Giving a blanket bath: 1. Nursing Times, 95, 3, Suppl 1-2. Castledine G (2005) The 'been there, done that' attitude. British Journal of Nursing, 14, 20, 1103. | Clinical skills: bed bathing and personal hygiene needs of patients. British Journal of Nursing, 16, 6, 356-358. Waugh A (2007) | Department of Health (2000) The NHS Plan: A Plan for Investment, A Plan for Reform. The Stationery Office, London. Department of Health (2001a) Essence of Care: Patient-focused Benchmarking for Health Care Practitioners. The Stationery Office, London. | Downey, L. and Lloyd, Hilary (2008) Bed bathing patients in hospital. Nursing Standard, 22 (34), pp. 35-40. ISSN 0029-6570 | Nursing and Midwifery Council (2004) The NMC Code of Professional Conduct: Standards for Conduct, Performance and Ethics. NMC, London. Pegram A, Bloomfield J, Jones A (2007) | Roper, N, Logan, W., Tierney, A. (1990) The elements of nursing. Churchill Livingstone, Edinburgh, p202-218.