

Bed bathing is a great way to ensure a bed bound individual stays clean and healthy, and can help prevent infections. It's a good time to check the skin to look for sores or rashes. Bathing also helps your loved one feel fresh and comfortable.

Bathing promotes cleanliness, circulation and comfort for your loved one.

BEFORE YOU START A BATH

- Consider offering a prescribed pain medication at least 20 minutes before the bath to reduce any discomfort.
- If your loved one has an electric bed, raise the level of the bed to reduce strain on your back.
- Gather the bathing supplies.
- Raise the temperature of the room so it is comfortable for the person being bathed. Practice mindfulness when it comes to heat and comfort.

WHAT YOU NEED

- Gloves
- Mild soap
- Soft wash cloth and towel
- Wash basin
- Lotion

DURING THE BATH

- Keep the person covered and expose only the part of the body that is currently being bathed.
- Begin with the face, washing with warm water and patting dry.
- Work from head to feet, including the back. Soap an area of skin, rinse well and pat dry.
- Once you have completed washing the feet, discard the bath water.
- Obtain fresh water and wash the genitals and buttocks, washing from front to back and drying thoroughly.
- Dry all skin folds thoroughly to prevent chapping.
- Apply lotion to any red areas and rub gently. Apply lotion to the back and consider giving a soothing back rub.
- If unable to tolerate a head-to-toe bath due to pain or fatigue, attempt a partial bath, washing the face, hands, back and genitals.
- Remember to place side rails, if present, in the upright position after the bath.

CALL BIG BEND HOSPICE:

- If you need assistance with bathing.
- If you see any skin redness or skin injury.

Remember, Big Bend Hospice is here to support you. Call your Big Bend Hospice team if you have any questions or concerns at (850) 878-5310.