ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Providing a Bed Bath

A bed bath helps maintain the patient's hygiene and comfort, especially when they are unable to bathe themselves.

Supplies Needed:

- Basins of warm water (at least 2: one for clean water and one for dirty water)
- Mild soap or body wash
- Washcloths (at least 3: one for soapy water, one for rinsing, and one for drying)
- Towels
- Clean clothes or a hospital gown
- Disposable gloves (optional)
- Moisturizing lotion (optional)

Steps:

1. **Prepare the Area:**
    a. Ensure the room is warm and private. Gather all supplies and place them on a bedside table or nearby chair. Fill the basin with warm water (check the temperature to ensure it's not too hot).
2. **Explain the Process:**
    a. Talk to the patient about what you are going to do to make them feel comfortable and reassured. Offer a towel or sheet to cover them for modesty.
3. **Wash Your Hands and Put on Gloves:** Clean your hands thoroughly and put on disposable gloves if preferred.
4. **Begin with the Face:**
    a. Dip a washcloth in warm water (no soap for the face). Wring it out and gently wipe the patient's face, starting with the eyes (wipe from the inner to the outer corner). Use a clean area of the washcloth for each eye.
    b. Continue to wipe the rest of the face, neck, and ears. Dry the face with a towel.
5. **Wash the Upper Body:**

   a. Place a towel under the patient's arm. Use a soapy washcloth to clean the neck, shoulders, chest, and arms. Use a gentle, circular motion. Rinse with a clean, damp washcloth, then pat dry with a towel.
   b. Repeat on the other side. For the underarms, use soap to help remove body odor and rinse well.
6. **Wash the Hands and Nails:**
   a. Wash one hand at a time, paying attention to the spaces between the fingers and under the nails. Rinse and dry the hand thoroughly before moving on to the other hand.
7. **Wash the Abdomen and Back:**
   a. Uncover the abdomen, keeping the rest of the body covered. Wash with a soapy washcloth, rinse, and pat dry.
   b. Roll the patient gently to one side to wash the back. Use a soapy washcloth to clean the back, shoulders, and buttocks area. Rinse and dry thoroughly.
8. **Wash the Lower Body:**
   a. Place a towel under the patient's legs. Wash one leg at a time, starting with the thigh and working down to the foot. Rinse and dry thoroughly before moving to the other leg.
   b. Pay special attention to cleaning and drying between the toes.
9. **Perineal Care (Genital Area):**
   a. Change the water if it has become dirty. Use a fresh washcloth. Wash the genital area gently with mild soap. **For females, clean from front to back. For males, clean the tip of the penis first, then the rest of the genital area.** Rinse and dry thoroughly.
10. **Apply Lotion (Optional):**
   a. Apply a gentle moisturizing lotion to the arms, legs, and back. This can help prevent dryness and keep the skin soft.
11. **Dress the Patient:**
   a. Help the patient put on clean clothes or a fresh gown. Ensure the clothing is comfortable and not too tight.
12. **Clean Up and Wash Hands:**
   a. Empty the basin, rinse it out, and put all used washcloths and towels in the laundry. Remove gloves (if worn) and wash your hands thoroughly.