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

St. Francis REFLECTIONS® Hospice
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Sponge Bath

A sponge bath is a quicker method for maintaining hygiene, suitable for patients who cannot take a full bed bath daily.

Supplies Needed:

- Basin of warm water
- Mild soap or body wash
- Washcloth
- Towel
- Clean clothes
- Disposable gloves (optional)

Steps:

1. **Prepare the Area:**
    a. Make sure the room is warm and private. Gather supplies and place them within easy reach. Fill a basin with warm water.
2. **Explain the Process:**
    a. Inform the patient about what you are going to do. Offer a towel or sheet for coverage and modesty.
3. **Wash Hands and Put on Gloves:** Wash your hands thoroughly. Use disposable gloves if preferred.
4. **Begin with the Face and Neck:**
    a. Dip a washcloth in warm water (no soap needed for the face). Gently wipe the face and neck, then dry with a towel
5. **Clean the Hands and Arms:**
    a. Use a soapy washcloth to wash one arm and hand, then rinse with a clean, damp cloth. Dry the area thoroughly. Repeat on the other side.
6. **Clean the Underarms and Torso:**
    a. Wash the underarms with soap to remove body odor, rinse, and dry. Clean the chest and abdomen using a similar method, then dry thoroughly.
7. **Clean the Legs and Feet:**

   a. Wash each leg with a soapy washcloth, starting from the thigh and moving down to the foot. Rinse and dry well before moving to the next leg. Pay attention to cleaning between the toes.

8. **Clean the Genital Area:**
   a. Change the water if necessary. Use a fresh washcloth and mild soap to clean the genital area. Rinse and dry thoroughly.
9. **Apply Lotion:**
   a. Apply a gentle moisturizer to keep the skin soft and hydrated.
10. **Dress the Patient:**
   a. Help the patient into clean clothing or a fresh gown.
11. **Clean Up and Wash Hands:**
   a. Empty the basin, clean all supplies, and place used washcloths and towels in the laundry. Wash your hands thoroughly.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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