

A Personal Care Module:

BATHING TIPS

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Developing Top-Notch CNAs, One Inservice at a Time



A Client Care Module:
BATHING TIPS

We hope you enjoy this inservice, prepared by registered nurses especially for nursing assistants like you!

Instructions for the Learner

If you are studying the inservice on your own, please do the following:

- Read through **all** the material. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask _____.
- Take the quiz. Think about each statement and pick the best answer.
- Check with your supervisor for the right answers. You need **8 correct** to pass!
- Print your name, write in the date, and then sign your name.
- Keep the inservice information for yourself and turn in the quiz page to _____ no later than _____. Show your Inservice Club Membership Card to _____ so that it can be initialed.
- Email In the Know at feedback@knowingmore.com with your comments and/or suggestions for improving this inservice.

After finishing this inservice, you will be able to:

Name at least five different purposes of bathing.



Describe at least five physical changes you should observe for at bath time.



Demonstrate proper infection control procedures during the bathing process.



Maintain your client's safety during the bathing process.



Demonstrate the correct procedures for assisting with a partial bath, a full bath and a shower.

THANK YOU!



Developing Top-Notch CNAs, One Inservice at a Time

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A Client Care Module: Bathing Tips

THE JOYS OF BATHING!

Imagine this: You've had a rough day at work. You're feeling sweaty and tired. You're looking forward to going home and taking a nice hot relaxing shower.

Now, imagine how it would feel if instead of being able to simply hop in the shower, your physical condition required you to:

- Take your clothes off in front of a stranger.
- Hold onto grab bars because you were afraid of falling in the shower.
- Ask for help washing the private areas of your body.
- Stand and shiver while waiting for someone to bring you a towel.

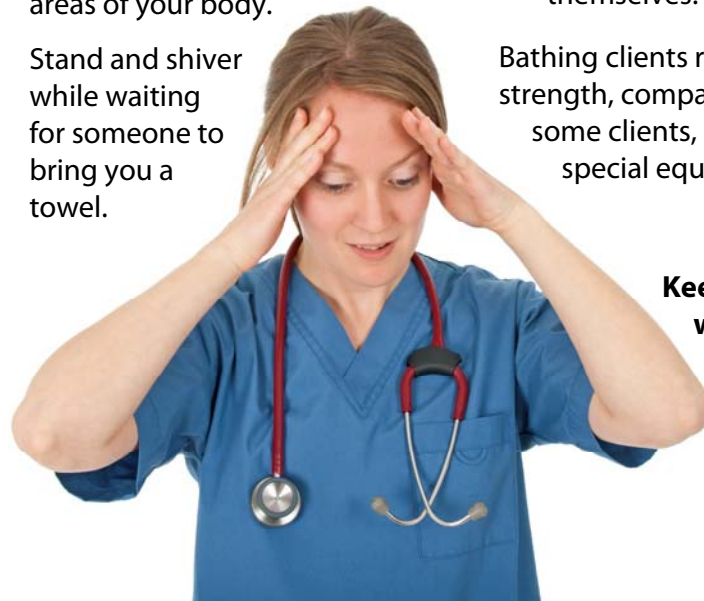
Suddenly, the idea of a nice hot shower doesn't seem so appealing, does it?

Your clients used to be able to take care of their own bathing needs. Now, many of them need your help. And, they probably aren't happy about that!

Being dependent on others for bathing probably makes them feel:

- Old and useless.
- Ashamed.
- Scared about what else they might have to give up doing for themselves.

Bathing clients requires patience, strength, compassion and skill. For some clients, it may also require special equipment.



Keep reading to learn ways to make bathing a safer, more efficient process for you and your clients.

The Purposes of Bathing

Bathing is important because it:

1. Cleanses the body by removing dirt and dead skin cells.

New skin cells continually push older cells toward the surface of the skin. By the time skin cells reach the surface, they are made up of the same lifeless protein as your hair and nails.

2. Promotes comfort by cooling and refreshing the skin and relaxing the client.

Most Americans consider bathing to be a source of comfort. Think of all the products that are available to make bathing a pleasant experience: bubble bath, bath oils, shower gels, etc.

3. Controls body odor by removing bacteria and germs from the skin.

Body odor is caused by a combination of sweat and bacteria. The main sources of odor are the armpit, the groin and the feet. Some foods—such as garlic, cumin and curry—can cause body odor to linger.

4. Prevents infection.

Skin defends the body against injury, infection and harmful substances in the environment. But, the skin must be clean and intact to do its job. That's where bathing comes in.

5. Provides an opportunity for clients to move their muscles and joints.

By encouraging your clients to do as much as possible for themselves during a bath, you help them remain independent—and provide their muscles and joints with a bit of exercise.

6. Stimulates circulation.

Blood flow in the body is increased by warm water, rubbing or massaging the skin and by moving joints and muscles during the bathing process.

7. Helps prevent skin breakdown.

It's especially important to clean the skin of incontinent clients. When skin is exposed to urine and/or stool, the risk increases for developing pressure sores and infections.

8. Gives you an opportunity to communicate with the client and to observe his or her body for changes.

Bathing is the #1 most time-consuming task for all caregivers. Make the most of this time by checking your client's body for changes and by making pleasant conversation. (If your client is unable to speak, try singing or humming instead.)



Making Observations at Bath Time

Bath time gives you a terrific opportunity to observe your clients for physical changes. Keep an eye out for problems and report any changes right away.

- Check the hair and scalp for head lice. (Lice can happen to anyone—no matter how young or old, dirty or clean, rich or poor.) Look for white lice eggs (known as “nits”). They look like small bits of dandruff, but do *not* wash or flake off. Instead, they stick *firmly* to strands of hair.
- As you comb or wash your client’s hair, observe the scalp for scaling, crusting, irritation, bruises, bleeding, lumps or large areas of missing hair.
- Look over the whole body, making note of any areas of redness, rashes, bed sores, moles or other changes in the skin.
- Check the entire body for puffiness or swelling, broken skin, redness, bruises or bleeding.



- Report any unusual body odors. A strange odor may be a symptom of an illness.
- Watch out for clients who seem to sweat too much, too little or who tend to sweat a lot at night. There are medical conditions that can cause sweating problems. (In fact, it can be *life-threatening* if a person doesn’t sweat at all.)
 - Look for white or yellow areas on finger and toe nails. Your client may have a nail fungus.
 - Check for itching, cracked skin between the toes or on the soles of the feet. These are signs of infections such as “athlete’s foot”.
 - Watch for black warts on the soles of the feet.

Skin cancer is the most common form of cancer. There are one million new cases diagnosed every year. You can watch your clients for signs of skin cancer including:

- Sores that don’t heal.
- A mole that changes size and/or has irregular edges.
- A skin growth that changes color, especially if it turns red, white or blue.
- A mole that becomes tender, itchy or dotted with black spots.
- A skin growth that crusts over, cracks or bleeds.

Report any suspicious changes in a client’s skin immediately!



Giving Different Types of Baths

Bed Bath

- Encourage the client to assist with the bath as much as possible.
- Gather all your supplies ahead of time and have them within reach of the bed.
- Close any doors or windows to avoid drafts.
- To ensure both warmth and privacy, cover the client with a light cotton blanket. Uncover, wash and dry only a small part of the body at a time.

Sponge or Partial Bath

- A full bath may not be ordered for each of your clients every day. However, a person's face, underarms, buttocks and genital area should be washed daily.
- Follow each client's care plan for a partial bath. For example, Mrs. Smith may be allowed to stand at the sink for her sponge bath, but Mr. Taylor needs to sit on the edge of his bed.

Tub Bath

- Never give a tub bath unless it is ordered in the client's care plan. Tub baths have a high risk for client falls, burns and chills.
- Encourage clients to use the toilet *before* a bath since warm water may trigger the need to urinate.
- Don't attempt to help a client in or out of a tub unless you feel secure about your ability and/or you have the proper equipment (like a lift or slide board).
- Tub baths can dry the skin, so they shouldn't last longer than 20 minutes.

Shower

- Never give a shower unless it is ordered in the client's care plan. Use a shower chair if ordered.
- Be sure to place a rubber mat on the shower floor—but don't cover the drain opening.

Sitz Bath

- Remember that a sitz bath is meant for soaking the hips and buttocks only. It is often used with clients who have had surgery in the rectal area or who have bladder, prostate or vaginal infections.
- Some clients may become dizzy after sitting in hot water. When the sitz bath is over, help them stand up and make sure they are steady before they attempt to walk.
- Pat your client's hips and buttocks dry with a soft towel.

Did You Know?

- The early Greeks used blocks of clay or sand to clean dirt off their bodies.
- In 1400 B.C., rich Egyptian women placed a large cone of scented grease on top of their heads every morning. During the day, the grease melted and dripped down their bodies. It covered their skin with an oily shine and bathed their clothes in fragrance.
- In 300 B.C., a number of fancy public baths were built in Rome. They were a popular luxury for wealthy people.
- After the fall of Rome in 467 A.D., bathing became less and less popular, especially in Europe.
- During the Middle Ages, most people lived in filth—because they believed that bathing was dangerous to their health. These unsanitary conditions contributed to the widespread plagues that spread through Europe at that time.



Bathing Clients with Special Needs

Seriously Ill Clients

Clients who are seriously ill, dying or in pain require some extra “tender loving care” during bathing. Keep these tips in mind:

- Help the client into a comfortable position and complete as much of the bath as possible in that position.
- Proceed slowly if the client is experiencing pain, shortness of breath or anxiety.
- Schedule the bath for about one hour *after* pain medication has been given to the client.

Confused Clients

Clients with Alzheimer’s Disease or other conditions that cause confusion need special consideration at bath time. Remember that the confusion may make them:

- Afraid of everyday things like running water, cold tile floors or soap.
- Overly sensitive to temperature, such as cold drafts or hot water.
- Especially embarrassed about undressing in front of you.

To help make bath time more enjoyable for these clients, try to:

- Set up a routine for bathing...and stick with it.
- Give simple, clear instructions, without arguing.
- Avoid showers for clients who are afraid of running water.
- Fill the tub *before* taking the client into the bathroom.
- Keep the bath water no more than six inches deep.
- Cover the client’s upper body with a towel to provide privacy during the bath.
- Play soft music or sing to the client (if he or she finds music soothing).

Disabled Clients

Bathing is more difficult, more time consuming and more dangerous for people with disabilities. Clients with disabilities may have trouble:

- Keeping their balance while bathing or transferring in and out of a tub.
- Reaching items such as grab bars, soap or towels.
- Holding on to a bar of soap.
- Opening or closing a faucet.
- Feeling the temperature of the water.

You can help your disabled clients by:

- Following proper bathroom safety procedures. (See page 10.)
- Making sure there is enough light in the bathroom.
- Putting needed items within your client’s reach.
- Getting assistance from a coworker or family member when transferring a client by yourself would be dangerous.

Did You Know?

- The average American takes at least seven baths or showers each week.
- Every day, Americans use 5,506,540 gallons of water for showers.
- Benjamin Franklin brought the first bathtub to the U.S. from Europe. He spent lots of time reading and writing while soaking in the tub.
- Former U.S. President William Howard Taft weighed 332 pounds. He got stuck in the White House tub the first time he used it. A larger one was installed for him!
- Three out of four people wash their bodies from top to bottom in the shower.



Skin Care Products

Soap

- There are many types of soap: plain, medicated, perfumed or moisturizing. Check your client's care plan to see if a specific type of soap should be used at bath time.
- Question: *When is soap considered a drug?* Answer: *A bar of soap becomes an over-the-counter drug if the manufacturer claims the soap works against dandruff, bacteria, perspiration or acne.*
- Use mild soap. (HINT: For clients with dry skin, apply soap only to the face, underarms, genital areas, hands and feet. Clean the rest of the body with warm water only.)
- Rinse soap off with warm water—not hot.

Powder

- You may be asked to apply powder to soothe and cool a client's skin. If so, use only a small amount of powder—and don't mix powder with lotion. This causes the powder to crust and cake on the skin which can irritate the skin.
- Avoid shaking powders in the air. If inhaled, the small powder particles may irritate your client's respiratory tract.

Bath Oil

- Bath oils are used to soften the skin and to keep it from becoming dry. Some are also perfumed.
- Do not add bath oil to a tub bath. (It can make the tub even more slippery and is hard to clean off the surface of the tub.) Instead, if bath oil is desired, apply a light layer to the client's skin *after* the bath.

Deodorant

- There are two kinds of "underarm" products. Both *deodorants* and *antiperspirants* help cover up body odor. However, *antiperspirants* also work to control

- The earliest soap was made centuries ago by mixing fat with ashes.
- During the Middle Ages, the recipe for making soap was kept top secret. Most people shared the recipe by word of mouth only. If they *had* to write it down, they used a secret code—in case the recipe got into the "wrong" hands.
- The same process used to make soap in the 1800's is used by soap manufacturers today!

sweating. Some of these products can cause skin irritation, especially if used immediately after shaving the underarm. Check your clients for rash or other signs of irritation.

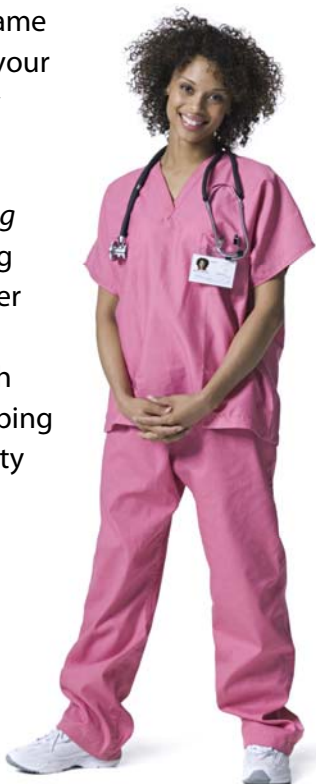
Creams & Lotions

- Lotion or cream is used to soften skin and prevent it from drying.
- Encourage your clients to apply lotion themselves—if possible. (This gives them a chance to move their muscles and joints.)
- Before applying lotion, warm it up by rubbing it between your hands.
- Apply lotion gently, especially for elderly clients who have thin, fragile skin.



Bath Time Tips

- Remove any eyeglasses and/or hearing aids before beginning a bath or shampoo. Put them in a safe, dry place.
- Before you start the bathing process, tell your client exactly what you are going to be doing so he or she knows what to expect.
- When working with a bed bound client, be sure to raise the bed to a comfortable working height so you don't strain your back. (Don't forget to lower it again when you are done.)
- Let your supervisor know if you feel a bath is ordered too often or too seldom for one of your clients. In addition, be sure to report if your client needs a different kind of bath. For example, a client who is getting stronger may be able to switch from a sponge bath to a shower. Or, a client who is getting weaker may need to stop taking tub baths.
- Take your clients' suggestions and feelings into consideration. As much as possible, stick to the same bathing routines that your clients had *before* they needed your help.
- Remember that *slowing* the pace of the bathing process may allow older people to do more for themselves. If you rush them, you may be robbing them of the opportunity to remain semi-independent.
- Schedule bathing at the time of day during which your client has the most energy.
- Run cold water through the tub or shower faucet last so that the metal will be cool to the touch.
- Be sure to close doors, pull curtains and pull down blinds to show respect for your client's privacy during bath time.
- If possible, ask a physical or occupational therapist to teach you techniques for making bath time safer for a particular client.
- Praise your clients when they participate in their own personal care. For example, *"Your arm seems stronger today. You were able to scrub your back by yourself."* or *"Your hair looks lovely. You did a great job brushing it."*
- Review the bathing and shampoo policies for your workplace and follow them carefully.



Five Absolutely Vital Things to Know About Taking a Bath

- When you leave a bath to run by itself, the plug jumps just as you leave the bathroom and you return to an empty bath right when the hot water runs out.
- It is physically impossible to turn a tap on or off with your foot.
- The dirt you wash off yourself gathers on the surface of the water and then re-attaches itself to you as you rise to leave.
- A lost bar of soap is ALWAYS behind you.
- However hard you dry yourself, you are still wet when you put on your clothes.

Hair Care Tips

Have you ever joked about having “a bad hair day”? If so, it’s because like most people, you feel better about yourself when your hair is clean, trimmed and attractively styled.

Your clients are probably no different—regardless of their age or health status. You can boost their morale by helping them take care of their hair. Here are some tips:

- Keep your client’s hair tangle-free. (Tangled hair can cause pressure sores to develop on the scalp.)
- To remove snarls from hair *before* you shampoo, try gently combing cream rinse through the hair.
- Comb out tangles by beginning at the ends of the hair and working toward the roots.
- Don’t remove or comb out braids without your client’s permission. Some hairstyles are meant to stay in place for long periods.
- To prevent water from getting in your client’s ears, gently insert cotton balls into the outer ear. Protect their eyes from the shampoo by covering them with a washcloth.
- Don’t use bar soap to wash your client’s hair. Bar soap makes hair rough and tangled.
- You’ll get better results if you dilute shampoo with water before applying it to your client’s head.
- Warm shampoo between your palms before applying it.
- To reduce the amount of water that gets in a client’s face during rinsing, use a wet washcloth to clear shampoo out of the hair.



Did You Know...?

- The average person has 100,000 hairs on his head!
 - In a lifetime, the average person produces nearly 600 miles worth of hair!
 - A woman from China holds the world record for the longest hair. Her hair grew to be nearly 5.627 meters long.
 - Americans can choose from over 600 kinds of shampoo! One brand, Agree, makes at least 13 different kinds of shampoo.
-
- If you use conditioner on your client’s hair, be sure to rinse it thoroughly down the tub drain before helping the person out of the tub. (Conditioner can make a tub extra slippery.)
 - Ask your supervisor if you can use *dry* shampoo for your clients who are unable to get out of bed.
 - When shampooing a client’s hair in bed, place absorbent towels and a waterproof sheet over the client’s pillow. For best results, use a shampoo basin or an inflatable sink.
 - To avoid spreading germs and/or lice, don’t share the following items between clients: combs, brushes, hats, scarves or hair bands.
 - Don’t cut, perm or color your client’s hair.
 - To prevent accidental burns, don’t use a curling iron on your client’s hair.
 - Don’t forget to consult with your clients about how they want their hair styled. And, encourage them to participate in their hair care as much as possible.

Bathing & Infection Control

- If you help a client with toileting right before bath time, don't start the bath while wearing the same pair of gloves. Throw away your dirty gloves, wash your hands and put on a clean pair of gloves.
- When cleaning a client's eyes, wipe each eye with a different corner of a washcloth. This prevents spreading infection from one eye to the other.
- Change the bath water whenever it:
 - Gets too soapy.
 - Cools off.
 - Becomes contaminated with body secretions.
- Practice standard precautions during the bathing process. For example, wear gloves whenever:
 - Feces and/or urine is present.
 - A client has open sores.
 - You give perineal care.
- Always clean a client's perineal area from front to back to avoid spreading germs from the anal area to the urinary area. (Use a separate, clean washcloth for this part of the bath.)
- Collect soiled towels and washcloths and place them in the appropriate laundry bag or container. Be sure to keep them off the floor. (You may want to review the policy for handling dirty linens at your workplace to find out whether you are required to wear gloves when handling linens.)



Time To Laugh!

Feeling stressed out, Jim decided to take a hot bath. Just as he'd gotten comfortable, the doorbell rang. Jim got out of the tub, put on his slippers and a large towel, wrapped his head in a smaller towel and went to the door. There stood a salesman, wanting to know if Jim needed any brushes. Slamming the door, Jim returned to his bath.

The doorbell rang again. On went the slippers and towels, and Jim headed for the door once more. He took one step, slipped on a wet spot, fell and hit his back against the hard edge of the tub.

Jim struggled into his street clothes and, in great pain, drove to the doctor. After examining him, the doctor said, "Nothing's broken. But you need to relax. Why don't you go home and take a hot bath?"

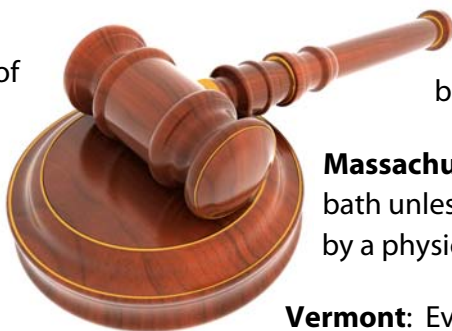
Can You Believe It?

The following laws are real! Some of them are even still "on the books"—although they are not enforced. (At least, we hope not!)

Arizona: Anyone caught stealing a bar of soap must wash himself with it until it's all used up.

California: In Los Angeles, it's illegal to bathe two babies in the same tub at the same time.

Indiana: Bathing in the winter is against the law.



Kentucky: Every citizen in Kentucky is required to take a bath at least once a year.

Maryland: It's illegal to scrub a bathtub no matter how dirty it gets.

Massachusetts: In Boston, it's illegal to take a bath unless you have been ordered to do so by a physician.

Vermont: Everyone in Vermont is required to take a bath once a week on Saturday night.

Bathing & Safety

- The greatest danger in a bathroom comes when clients get in and out of the tub or shower. The risk of falling is high!
- As you assist clients in and out of the tub or shower, you are at risk for falling, too. Most of these “double” falls happen:
 - At the end of the bath when the client is tired and/or relaxed.
 - If a client’s physical condition has worsened.
 - While transferring a client out of a tub—because the client’s body, the tub *and* the floor are wet and slippery.
- Your clients may be *physically* dependent on you for help at bath time. For example, a client with arthritis may not be able to turn the water faucets on and off. A client may also be *psychologically* dependent on you. For example, he or she may be afraid to take a bath alone for fear of falling.

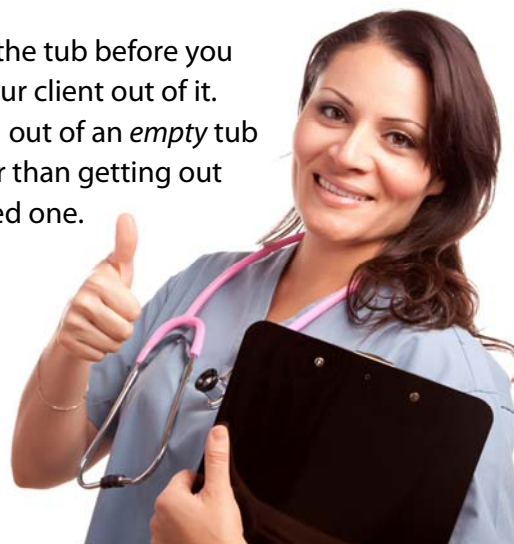
Whether the problem is physical, psychological or both, keep each client’s safety in mind at all times.

Try following these tips:

- Wear rubber-soled shoes when assisting clients at bath time.
- If you work in clients’ homes—and have access to a cell phone—consider keeping it in the bathroom during bath time. You’ll be able to call for help if you and/or the client falls down.
- Make sure there are non-skid mats on the inside *and* the outside of the tub or shower.
- Keep the bathroom well-lit during bath time. Make sure it is well-ventilated, too, so that the room doesn’t become too hot. (You—and your client—may become faint in the heat.)
- Remember that older people are more sensitive to heat and cold. Test the temperature of the water before your elderly clients get into the tub or

shower. If you use a bath thermometer, it should read between 105 and 110 degrees F. After reading the thermometer, test the water on the inside of your wrist...and consider asking your client to do the same.

- If the bath area is equipped with an emergency call button, make sure your client knows how to use it.
- Never let a client grab onto a towel bar or a soap dish for support. These items are not meant to hold a person’s weight and could pull right out of the wall.
- Empty the tub before you help your client out of it. Getting out of an *empty* tub is easier than getting out of a filled one.



- Every year, as many as *seventy* senior citizens die after being burned by hot water in the bathtub.
- If people are exposed to 180 degree water for just one second, they will develop deep third degree burns. Water this hot can also cause someone’s skin and toenails to peel off.
- Every day, one American dies from an accident in the bathtub or shower.

Tools & Equipment For Bath Time

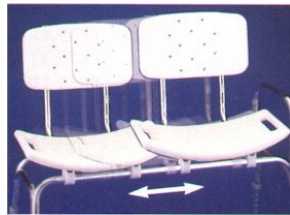
Studies have shown that most elderly people with disabilities do not have the necessary safety equipment installed in their bathrooms. For example:

- 68% do *not* have grab bars.
- 80% do *not* have a raised toilet seat.
- 46% do *not* have a non-slip bath mat.

Be sure to notify your supervisor if you notice safety hazards in your client's bathroom!

Transfer Benches

- A transfer bench sits partway outside and partway inside a bathtub. Your client sits on the bench and gradually slides his body inside the tub.



- Transfer benches come in various sizes. Some can be adjusted to different heights. Some have backrests. Most transfer benches have rubberized legs so they may be positioned securely inside the tub.

Grab Bars

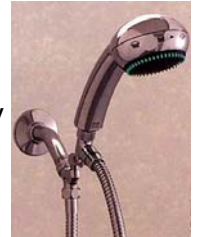
- Grab bars come in various designs, including:
 - Horizontal
 - Vertical
 - Diagonal
 - Wrap Around
- They may be mounted to the wall, floor, ceiling or tub.
- Some bars have ridges in the metal or are covered with vinyl to make them easier to grab.



- Grab bars don't do any good if they are placed too high or too low for clients to reach. Most people need bars installed in two different positions: one for use in getting in and out of the tub in a standing position; and one for lowering or raising the body from a seated position.

Handheld Showers

- Some clients may benefit from a handheld shower. They may find it easier to clean themselves if they are able to direct the water onto "hard to reach" body parts.



Shower Chairs

- If your clients enjoy taking a shower, but are unable to stand for long periods of time, a shower chair may be the answer.



Other items that may make bath time safer for your clients include:

- Mechanical or hydraulic bath lifts.
- Special adapters for turning on water faucets.
- Long-handled sponges.
- Wash mitts.
- Floor-to-ceiling grab poles.
- Foam faucet protectors (to cushion fixtures in the tub).

Questions & Answers About Bathing

Q: What are some tips for bathing a baby?

A: Make sure you have all your supplies within reach before starting the bath—since you must never leave a baby alone in or near a bath. Use a mild soap and a soft washcloth. Avoid tub baths for a newborn until his cord stump falls off (and circumcision heals). Remember to take time during the bath to hold, cuddle and talk to the baby.

Q: How does the skin change as we age?

A: As people get older, the skin becomes thinner and develops fine wrinkles. Many people develop “age spots” which look like large freckles. The glands that produce oil become less active, so the skin contains less moisture. Elderly people often have dry, fragile skin that can be torn or injured easily.

Q: Isn't bath time a good time for nail care?

A: Bath time is a great time to clean your client's nails. However, be sure to follow your workplace policy about trimming and filing nails. Some clients, especially diabetics, must have their nails trimmed by a nurse or doctor.

Q: What if I'm ordered to give a bed bath but the client, Mr. Brown, wants to get in the tub?

A: You should explain to Mr. Brown that you need to follow your orders as written in his plan of care. Remind him that the plan of care was created with his best interests in mind. Tell Mr. Brown that you will ask your supervisor if the orders can be changed to a tub bath for next time. (Remember, though, that Mr. Brown has the right to *refuse* care. You must not force him to have a bath if he refuses. Be sure to notify your supervisor whenever a client refuses a bath.)



Q: What's the best way to document personal care?

A: Your supervisor can tell you the forms needed to document personal care at your workplace. Many facilities use flow sheets. Home health agencies usually use visit notes. Be sure to document exactly what you did, including: the type of bath provided, the client's level of participation and anything unusual that you observed.

Q: What's the deal with home health clients on Medicare needing to have a bath?

A: As a home health aide, have you ever heard that you must get your Medicare client “wet” during each visit? Here's the deal: Medicare clients may receive assistance from a home health aide only when they are *acutely* ill. They must have a *temporary* medical problem causing them to need help with their personal care. This personal care must include some type of full or partial bath during every visit or Medicare will not pay for the aide's time. So, if your client refuses a bath or a family member has already done the bath when you arrive, let your supervisor know before you begin your client care. You may be asked to skip your visit that day. (NOTE: This “rule” does not apply to Medicare clients receiving *hospice* care.)



Developing Top-Notch CNAs, One Inservice at a Time

A Client Care Module: Bathing Tips

EMPLOYEE NAME
(Please print):

DATE: _____

- ***I understand the information presented in this inservice.***
- ***I have completed this inservice and answered at least eight of the test questions correctly.***

EMPLOYEE SIGNATURE:

SUPERVISOR SIGNATURE:

Inservice Credit:

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

File completed test in employee's personnel file.

Are you "In the Know" about bathing your clients? Circle the best choice or fill in your answer. Then check your answers with your supervisor!

1. TRUE or FALSE

If your clients have dry skin, you should add bath oil to their tub baths.

2. TRUE or FALSE

A client with Alzheimer's disease may be afraid of everyday things like running water or a bar of soap.

3. TRUE or FALSE

The most important areas to clean during a partial bath are the face, underarms, buttocks and genital area.

4. TRUE or FALSE

A sitz bath is used to soak a client's feet and lower legs.

5. One purpose of a bath is to:

- A. Keep the skin from becoming dry by soaking it in water.
- B. Give nursing assistants something to do.
- C. Remove dirt and dead skin cells from the body.
- D. Decrease blood flow in the body.

6. During bath time, you should observe your clients for:

- A. Moles that are changing shape.
- B. White lice eggs in the hair.
- C. Cracked skin between the toes.
- D. All of the above.

7. To avoid infection, the perineal area should be washed from _____ to _____.

8. Grab bars:

- A. May be placed horizontally, vertically or diagonally.
- B. Help clients gradually slide their bodies into a bathtub.
- C. Direct water to hard-to-reach body parts.
- D. Are never used in showers.

9. TRUE or FALSE

Brushing a client's hair too often can cause pressure sores on the scalp.

10. The risk of falling is high when clients get _____ or _____ of a bathtub.