Resident Bed Bath and Perineal Care Competency

Steps *Allow resident to assist as able*	Passing	Additional Training Needed
1. Explain procedure to resident and offer resident urinal or bedpan before beginning bath. Allow for privacy.		
2. Fill bath basin with warm water. Ensure resident is comfortable with water temperature.		
3. Perform hand hygiene and put on gloves.		
4. Fold washcloth and wet with warm water. Gently wash both eyes from inner to outer corners. Use a different part of the washcloth for each eye.		
5. Wet washcloth and apply soap - if this is resident preference. Wash, rinse, and pat dry the face, ears, behind ears, and neck.		
6. Remove resident's gown or clothing. Place towel under the arm. Wash, rinse, and pat dry the hand, arm, underarm, and shoulder. Repeat the steps with the other arm.		
7. Place a towel over the resident's chest and abdomen area. Lower the bath blanket to the resident's waist.		
8. Lift towel and wash, rinse, and pat dry the resident's chest and abdominal area. Pull up bath blanket and remove the towel.		
9. Uncover resident and place the towel under leg. Wash, rinse, and pat dry the resident's leg and foot. Repeat the steps with the other leg and foot.		
10. Change basin water. Removes gloves. Perform hand hygiene and put on new gloves.		
11. Assist resident as needed to spread legs and lift their knees if this is possible.		
12. Wet and soap a folded washcloth.		
Catheter Care		
13. If your resident has a catheter, check for any irritation, leaking, or secretions. Gently wipe 4 inches of catheter from the meatus outward.		

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Steps *Allow resident to assist as able*	Passing	Additional Training Needed
Perineal Care:		
14. Wipe from front to back and from the center of the perineum to the thighs. If the washcloth is visibly soiled, change to a new washcloth. Females: • Separate the labia and wash the urethral area first. Wash between and outside the labia in downward strokes. Alternate from side to side and moving outward to the thighs. Use different parts of the washcloth for each stroke. Males: • Pull back the foreskin if your resident is uncircumcised. Beginning with the urethra, wash and rinse the tip of the penis using circular motions. Continue washing downwards to the scrotum and inner thighs. Rinse off the soap and dry thoroughly. Return the foreskin over the tip of the penis.		
15. Change basin water. Removes gloves. Perform hand hygiene and put on new gloves.		
16. Use a clean washcloth to rinse area thoroughly in the same sequence as washing occurred. Gently pat the area dry.		
17. Assist your resident to a lateral position, facing away from you.		
18. Wet and soap a clean washcloth. Clean the anal area from front to back. Rinse and pat dry thoroughly.		
19. Change basin water. Removes gloves. Perform hand hygiene and put on new gloves.		
20. Use a clean washcloth and towel to wash, rinse and pat dry from neck to buttocks. Assist your resident to return to the supine position.		
21. Perform hand hygiene and put on new gloves.		

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Steps *Allow resident to assist as able*	Passing	Additional Training Needed
22. Assist resident to get clean clothing on.		
23. Sanitize all supplies used per facility policy.		
24. Remove gloves and perform hand hygiene.		
25. Document per facility policy and report any skin issues or any resident changes to the nurse.		

Adapted from the https://www.in.gov/health/files/Indiana_Nurse_Aide_Curriculum.pdf

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Signature of Staff Member Completing Competency   Date

_____   _____

Signature of Instructor   Date