

## Resident Shower and Shampoo Competency

Steps <i>*Allow resident to assist as able</i>	Passing	Additional Training Needed
1. Clean and disinfect the shower area and equipment (shower chair, shower bed, etc.) per your facility policy and procedure. Gather supplies and the resident and take them to the shower area.		
2. Perform hand hygiene and put on gloves.		
3. Explain procedure to your resident. While providing privacy, assist them as needed to remove clothing.		
4. Turn on the water. Ensure resident is comfortable with water temperature.		
5. Assist resident into the shower via the device needed for transfer. Use a safety belt as indicated for resident safety. Do not ever leave resident unattended or out of eyesight for any reason.		
6. Give resident a washcloth to cover their eyes while shampooing hair.		
7. Wet resident's hair and put a small amount of shampoo into the palm of your hand. Work up a lather while using fingertips to massage shampoo into the resident's hair and scalp. Wash hair thoroughly.		
8. Rinse the resident's hair thoroughly and be careful to not get any shampoo into your resident's eyes.		
9. Repeat the above steps using conditioner if this is resident preference.		
10. Wet a washcloth and wash resident's face without soap.		
11. Put soap on the washcloth and wash resident. Start with their upper body and move to lower body. Lift any skin-on-skin areas and wash gently with soap.		
12. Wash the front of resident's perineal area.		
13. Reach through the bottom of shower chair and wash resident's rectal area from front to back.		
14. Remove gloves and perform hand hygiene.		
15. Put on clean gloves.		

<b>Steps</b> <i>*Allow resident to assist as able</i>	<b>Passing</b>	<b>Additional Training Needed</b>
16. Rinse resident starting with upper body, followed by lower body, front perineal area, and rectal area. Change gloves and wash hands if perineal area was touched during rinsing.		
17. Turn off the water and cover resident with warm towels. Thoroughly pat resident’s entire body dry. Dry under breasts, between folds of skin, perineal area, rectal area, and in between toes.		
18. Apply lotion to resident skin if this is resident preference.		
19. Use a hair dryer on resident’s hair if this is their preference. Help resident comb/brush hair as needed.		
20. Assist resident to put on clean clothing and nonskid footwear.		
21. Place all soiled linens in designated linen bag or hamper.		
22. Sanitize all supplies used per facility policy.		
23. Remove gloves and perform hand hygiene.		
24. 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](https://www.in.gov/health/files/Indiana_Nurse_Aide_Curriculum.pdf)

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Signature of Staff Member Completing Competency Date

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Signature of Instructor Date