

Dermalux Bed bath process

SOFT TOWEL LOTION

01

Bed bath preparation



1

PURPOSE OF PROCEDURE

- Cleanse skin
- Stimulate circulation
- Promote a feeling of well being
- Evaluate/observe patient's condition



2

EQUIPMENT

- Dermalux Soft Towel Lotion (30ml per wash)
- Measuring jug
- Thermometer
- 3 standards towels
- 2 wash cloths (or Dermalux Cleansing Wipes)
- Suitable container: bucket, esky
- Linen for bed change
- Nightwear/attire and toiletries



3

PREPARE THE ROOM

- Remove any unnecessary equipment
- Provide privacy
- Provide a warm environment
- Adjust bed to a comfortable height for the care provider



4

NURSE/CARER PREPARATION

- Check patient's care plan
- Remove jewellery / watches
- Observe hand hygiene and standard precautions
- Put on personal protective equipment



5

TOWEL PREPARATION

- Fold each towel in half, loosely roll and place into container
- Place wash cloths on top of towels



6

SOLUTION PREPARATION

- Fill measuring jug with 2 Litres of 46-49°C water and 30ml of Dermalux Soft Towel Lotion
- Pour solution over towels and wash cloths
- Knead towels (if necessary) to ensure even distribution of the solution



7

PATIENT PREPARATION

- Explain the procedure to the patient
- Place the patient on their back with legs slightly separated and arms loosely by their side (unless contraindicated)
- Cover dressing or drains as required



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02

Bed bath procedure



- 1
- Loosen top covers and place them neatly to the side
 - Leave patient covered with sheet
 - Remove patients clothing



- 2
- Cleanse face, neck and armpits with a wash cloth or a Dermalux Cleansing Wipe
 - Offer a bed pan or urinal
 - Attend to the perianal care regime using a second wash cloth or Dermalux Cleansing Wipe
 - Place cloth/wipe in the appropriate receptile



- 3
- Place towel on patient's chest, unroll across chest and shoulders
 - Unroll second towel down along patient whilst simultaneously removing top sheet
 - The two towels should form a 'T'
 - Leave the sheet at the bottom of the bed



- 4
- Bath patient using gentle massaging motion with towel, making sure all skin area is carefully and thoroughly washed



- 5
- Roll patient on side and gently wash starting at the shoulders
 - Unroll third towel across patient's back, gently wash starting at shoulders
 - Attend to anal areas using a clean fold of the towel each time
 - Remove towels from feet, gently replacing the top sheet simultaneously



- 6
- Attend to potential pressure areas
 - Change bed linen if required
 - Dispose of soiled towel/linen



- 7
- Attend to other toiletries (mouth/hair)
 - Dispose of decontaminate equipment
 - Observe hand hygiene



- 8
- Restore room to natural setting
 - Complete documentation and record keeping

