



Making A Splash: Bathing and Dressing Residents

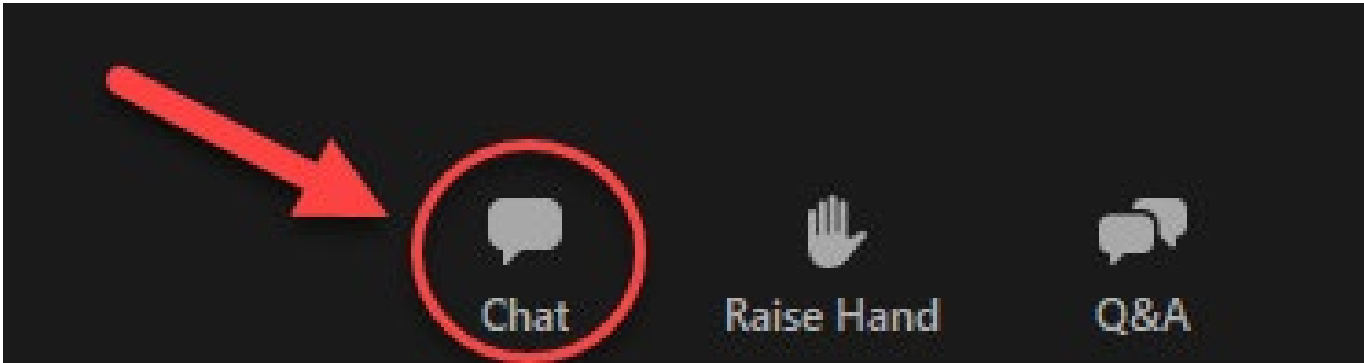
Project Firstline
Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health



✓ Submit questions via Q&A



✓ Use the chat feature to participate in the discussion



Objectives

- Describe three ways to avoid spreading germs while providing resident care
 - Review measures to minimize the risk of spreading germs during bathing and dressing residents
 - Identify appropriate personal protective equipment (PPE) to use while bathing and dressing residents
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Keep All Residents Safe



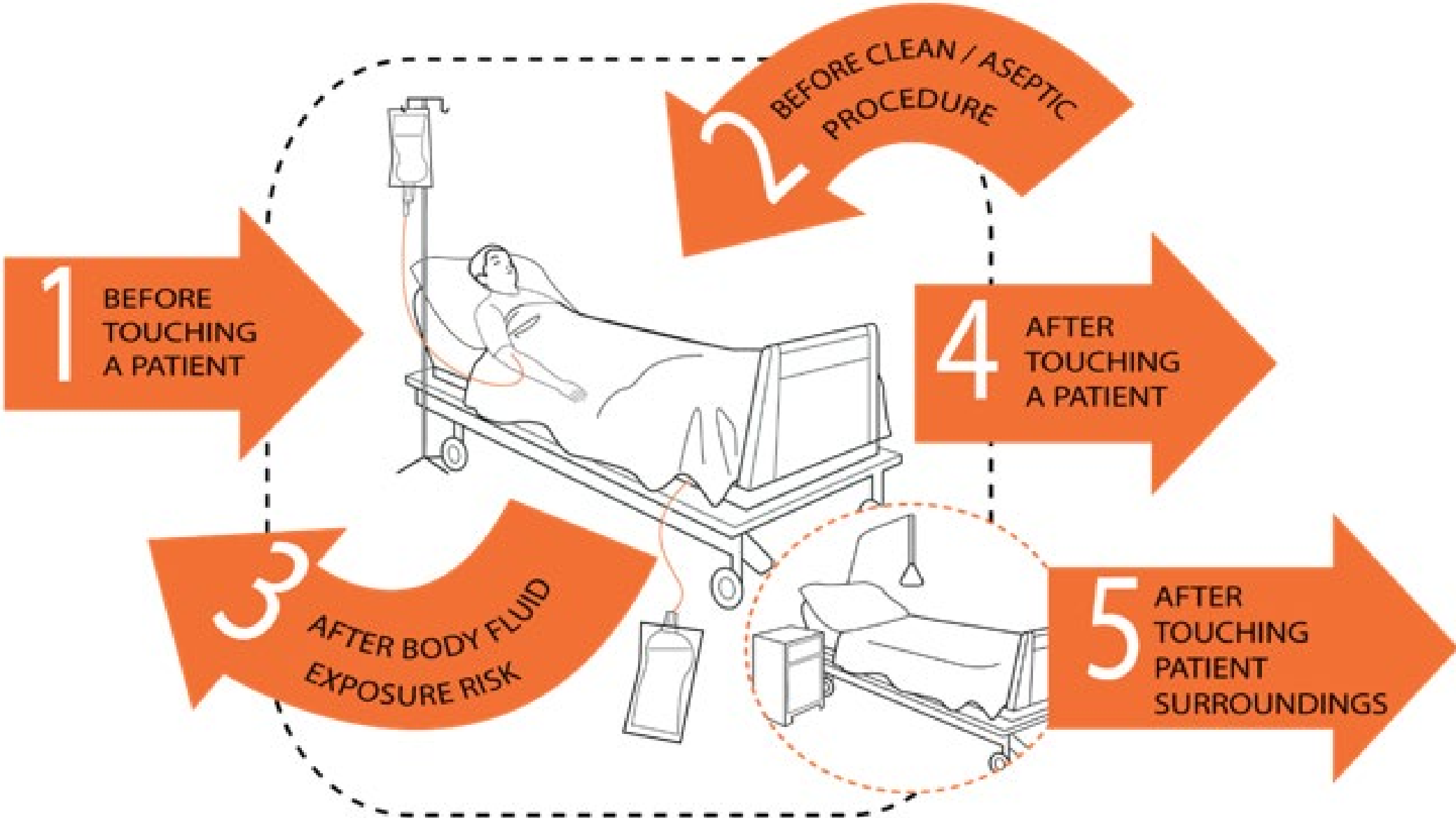
INFECTION PREVENTION STARTS WITH YOU!



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5 Moments for Hand Hygiene





BATHING YOUR RESIDENTS



Good Personal Hygiene for Residents Can Prevent:

- Yeast or bacterial infections
- Urinary tract infections
- Device associated infections



How Can You Apply Infection Prevention Practices During Bathing and Dressing?



- Gather supplies
- Enter room
- Perform hand hygiene
- Exit room
- Perform hand hygiene

What is something that was missed when re-entering the room?

Bathing

- Cleaning of the body for the purpose of relaxation, cleanliness, and healing



Each Care Practice May Require a Different Set of PPE

Assisting with personal hygiene	Dressing, bathing/showering, changing briefs	Gloves, gown (as needed)
Device care or use	Central line, urinary catheter, feeding tube, tracheostomy/ventilator	Gloves and gown (Face shield and mask as needed)
Wound dressing / wound	Any skin opening requiring a dressing	Gloves and gown (Face shield and mask as needed)

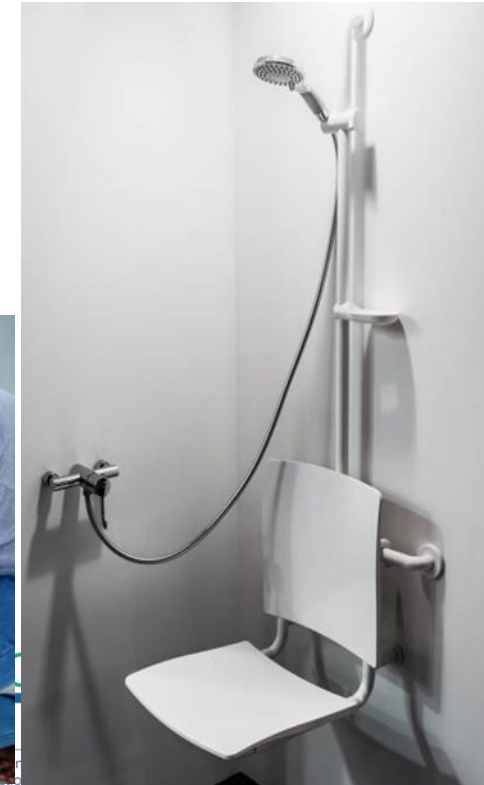
Types of Bathing

- Shower
- Bath
- Bed Bath
- Partial Bed Bath



Infection Prevention Practices: Preparing for Bathing

- Disinfect equipment between each resident
- Use clean towels or disposable wipes



Infection Prevention Practices: Bathing

- Bath time is the best time to **inspect the skin**
- Let the charge nurse know of any abnormalities such as **redness, rash, skin breakdown, unusual bumps, or bad odors**
- Always wash body from **clean areas to dirty areas**
- **Change to a new washcloth** when the used one gets soiled
- **Ensure all creases/folds in skin are dry** to prevent yeast infections
- **Don't forget the feet!**



Peri-Care During Bathing

- Clean face and upper torso before peri area
- Change bath water before and after care
- Place towel or pad under area, work from clean to dirty
- **For females:** Wash peri area “front to back” to avoid UTI
- **For males:** Clean under the foreskin if uncircumcised; otherwise, it may become infected. Be sure foreskin is gently pulled back in place after cleaning
- Gently dry the peri area to prevent lingering moisture causing skin infections (such as yeast)

Device Care During Bathing

- Perform hand hygiene and don gloves before handling any device
- Keep any wound dressing dry unless otherwise specified
- Ensure tracheostomy, feeding tubes, or other devices are secured



Device Care During Bathing

Central Lines / IV Lines

- Keep central line or IV line dressings dry
- Notify RN if any dressing becomes wet or smells bad

Urinary Catheters

- Be sure urinary catheters are secured to resident
- Keep bag below level of the bladder

Ensure Bathing Equipment is Clean

- Ensure all equipment is clean and disinfected prior to use
- Know where your facility’s clean supply room is located
- Collaborate with EVS staff



Personal Hygiene Items

- **Never share personal hygiene items**
- Includes shampoo, soap, body wash, toothbrushes, etc.
- Always gather items prior to starting the bath

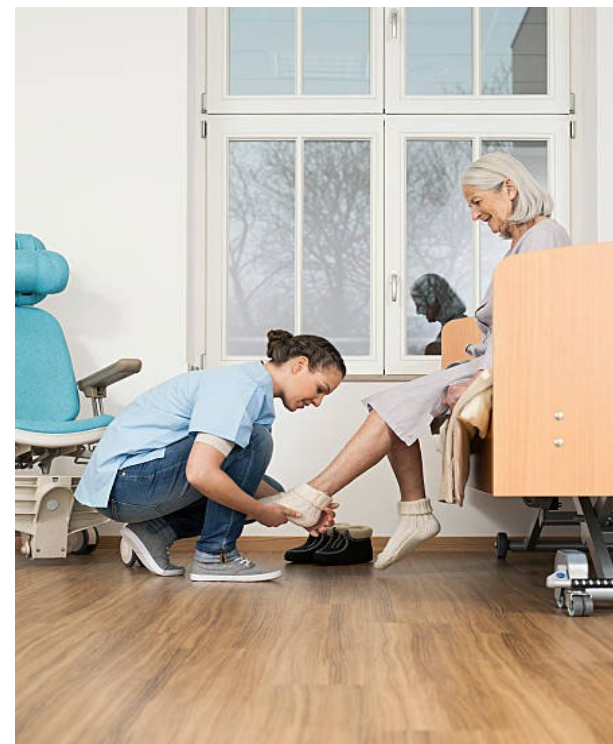


DRESSING YOUR RESIDENTS



Dressing

- Dressing is defined as the act of putting on clean clothes and is an important part of daily care for all residents



Dressing Residents

- Know what limitations may be present, if any
- Ask about and follow resident's preferences
- Ensure clothes are clean
- Provide privacy and never expose more than necessary
- Always clean your hands before, between, and after assisting resident



Infection Prevention Practices: Dressing

- ✓ Gather all supplies needed
- ✓ Always identify yourself and the resident by name
- ✓ Perform hand hygiene
- ✓ Explain procedure to resident
- ✓ Provide privacy
- ✓ Provide a safe environment
- ✓ Ask resident what they would like to wear
- ✓ Cover resident with blanket
- ✓ Start with top, then bottoms, and nonskid socks and or shoes
- ✓ Ensure resident is dressed appropriately
- ✓ Dispose of soiled clothes appropriately
- ✓ Perform hand hygiene



Highlights

- Infection prevention practices during bathing and dressing help prevent infections in the resident and help keep germs from spreading among residents
- Select and use appropriate PPE
- Ensure all equipment is clean and disinfected before and after use
- Never share personal hygiene products between residents
- Remember to always wash from clean areas to dirty areas

Resources

- [World Hand Hygiene Day, World Health Organization](http://www.who.int/campaigns/world-hand-hygiene-day)
(www.who.int/campaigns/world-hand-hygiene-day)
 - [PPE in Nursing Homes, Centers for Disease Control and Prevention](http://www.cdc.gov/hai/containment/PPE-Nursing-Homes.html)
(www.cdc.gov/hai/containment/PPE-Nursing-Homes.html)
 - [Body, Facial, & Dental Hygiene, Centers for Disease Control and Prevention](http://www.cdc.gov/healthywater/hygiene/body/index.html)
(www.cdc.gov/healthywater/hygiene/body/index.html)
 - [Frequently Asked Questions \(FAQ\) on Bath Basin Use in Long-Term Care Facilities, Agency for Healthcare Research and Policy](http://www.ahrq.gov/hai/quality/tools/cauti-ltc/modules/implementation/education-bundles/infection-prevention/environment-and-equipment/bath-basin-faqs.html)
(www.ahrq.gov/hai/quality/tools/cauti-ltc/modules/implementation/education-bundles/infection-prevention/environment-and-equipment/bath-basin-faqs.html)
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Resources - continued

- [Nursing Homes and Assisted Living \(Long-term Care Facilities \[LTCFs\]\), Centers for Disease Control and Prevention](https://www.cdc.gov/longtermcare/index.html)
(www.cdc.gov/longtermcare/index.html)
- [Core Infection Prevention Practices, CDC Healthcare-Associated Infections Program \(PDF\)](https://www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/2019_2_CoreInfectionPreventionPractices_Approved02.22.19.pdf)
(www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/2019_2_CoreInfectionPreventionPractices_Approved02.22.19.pdf)
- [About Project Firstline, Centers for Disease Control and Prevention](https://www.cdc.gov/infectioncontrol/projectfirstline/about.html)
(www.cdc.gov/infectioncontrol/projectfirstline/about.html)
- Personal care skills, Fuzy, J. (2019). Hartman's Nursing Assistant Care: The Basics. Hartman Publishing.

Next Steps

- Fill out the post-training **evaluation**
 - Certificate of attendance to follow
- Join us for **Review Sessions** (See confirmation email for meeting link)
 - Friday, September 17, 2021, 2-3PM
 - Friday, September 24, 2021, 2-3PM
- Save the dates for our **October trainings** on Skin, Perineal, and Urinary Catheter Care in Skilled Nursing Facilities (October 12- 26)
- Visit [Project Firstline website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
- Nominate yourself or a fellow CNA to be featured in our **CNA Spotlight**



Questions?

For more information, contact
ProjectFirstline@cdph.ca.gov

