

Checklist: Assisting with the Tub Bath or Shower

Assisting with the Tub Bath or Shower	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the patient according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Provide privacy by closing curtains or doors before beginning care.	<input type="checkbox"/>	<input type="checkbox"/>
3. Assemble equipment: <ul style="list-style-type: none"> – Disposable gloves – Liquid soap – Washcloth – 2–3 bath towels – Bath blanket – Lotion, if desired – Deodorant – Chair or stool beside shower or tub or bath or shower chair, as needed – Patient’s gown, robe, and slippers – Bath mat 	<input type="checkbox"/>	<input type="checkbox"/>
4. Take the supplies to the bathroom. Clean the tub and prepare the room for the patient.	<input type="checkbox"/>	<input type="checkbox"/>
5. Fill the tub half full of water that does not exceed 105°F or adjust the shower flow. Use a bath thermometer when available to verify safe water temperature. If a bath thermometer is not available, test the water with your wrist or elbow. It should feel comfortably warm.	<input type="checkbox"/>	<input type="checkbox"/>
6. Help the patient undress and put on a robe and slippers. Report abnormal findings such as skin changes, dizziness, weakness, or pain according to facility policy. Escort to the bathroom. Cover the patient requiring mobility assistance when going to or from the bath or shower.	<input type="checkbox"/>	<input type="checkbox"/>
7. Position a shower chair in the tub or shower, if needed. Use proper body mechanics and assistive devices according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
8. Cover the bottom of the tub and the shower floor with a nonskid surface for safety. Then assist the patient into the tub or shower.	<input type="checkbox"/>	<input type="checkbox"/>
9. Encourage the patient to wash their body. Assist as needed.	<input type="checkbox"/>	<input type="checkbox"/>
10. Apply the principles of standard precautions if you are assisting.	<input type="checkbox"/>	<input type="checkbox"/>
11. Wash the patient’s back. Observe the skin for signs of redness or breaks.	<input type="checkbox"/>	<input type="checkbox"/>
12. The patient may wash the perineal area (external reproductive organs), if able. <ul style="list-style-type: none"> – If the patient is unable to wash the perineal area, put on gloves and provide perineal care (peri care). – Perform perineal care last using clean technique and Standard Precautions. Dispose of the washcloth and towel in the laundry hamper. Change your gloves and get fresh linens if further bathing is needed. 	<input type="checkbox"/>	<input type="checkbox"/>
13. If the patient shows any signs of weakness: <ul style="list-style-type: none"> – Get help. Use the call signal. – Remove the plug and let the water drain. – Turn off the shower. – Allow the patient to rest until feeling better before attempting to assist the person out of the tub or shower. – Keep the patient covered with a bath blanket to avoid chilling. 	<input type="checkbox"/>	<input type="checkbox"/>
14. If you will be washing the patient’s hair: <ul style="list-style-type: none"> – Ask the patient to hold a dry washcloth over the eyes. – Wet the hair. – Use a small amount of shampoo to lather hair. – Massage scalp gently. – Rinse hair with warm water. 	<input type="checkbox"/>	<input type="checkbox"/>

<ul style="list-style-type: none"> - Repeat lathering, massaging, and rinsing, if necessary. - Towel hair dry. You may dry it with a hair dryer after the person is dry and dressed. Use hair dryers on a low or warm setting according to facility policy and patient tolerance. 		
15. Hold the bath blanket around the patient as they step out of the tub.	<input type="checkbox"/>	<input type="checkbox"/>
16. Assist the patient to dry off, apply deodorant.	<input type="checkbox"/>	<input type="checkbox"/>
17. Escort the patient back to their room. Apply lotion, oils, or powders, if indicated. Return personal supplies. Dress resident.	<input type="checkbox"/>	<input type="checkbox"/>
18. Carry out ending procedure actions.	<input type="checkbox"/>	<input type="checkbox"/>
19. Return to the bath or shower room. Put on gloves and clean and disinfect the tub, shower chair, and handrails.	<input type="checkbox"/>	<input type="checkbox"/>
20. Discard soiled bath linens.	<input type="checkbox"/>	<input type="checkbox"/>
20. Wash your hands.		