

Skills Checklist: Providing Backrubs

Nursing Assistant's Name:

Reviewer Name:

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Assemble equipment: <ul style="list-style-type: none"> ● Disposable gloves ● Basin of water (105°F) ● Washcloth ● Bath towel ● Soap and lotion 			
Feedback			
Put up the far side rails			
Feedback			
Put on disposable gloves if the patient has open lesions			
Feedback			
Turn the patient on the side with the back toward you			
Feedback			
Expose and wash the back; dry carefully (This step is not necessary if the backrub is given after a bath)			
Feedback			
Pour a small amount of lotion into one hand and warm it in the palm of your hand			
Feedback			
Apply the lotion to the patient's skin and rub with gentle but firm strokes			
Feedback			

With long, soothing strokes, rub up the center of the back, around the shoulders, and circle down the sides of the back and buttocks			
Feedback			
Repeat long, soothing strokes on muscles for three to five minutes			
Feedback			
Pat dry the area well			
Feedback			
If redness on bony prominences is noted, notify the nurse			
Feedback			
Remove and discard gloves if used. Sanitize your hands			
Feedback			
Replace equipment			
Feedback			
Carries out final steps			
Feedback			

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