Making A Splash: Bathing and Dressing Residents
✓ 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
Keep All Residents Safe
INFECTION PREVENTION STARTS WITH YOU!
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Standard Precautions

- Bathing & Dressing
- Proper Positioning & Transferring
- Changing Linens & Bed Making
- Oral Care & Feeding
- Skin, Perineal, & Urinary Catheter Care
- Nail Care & Shaving
5 Moments for Hand Hygiene

1. Before touching a patient
2. Before clean / aseptic procedure
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient surroundings
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
HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM

Each Care Practice May Require a Different Set of PPE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Activity Description</th>
<th>PPE Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assisting with personal hygiene</td>
<td>Dressing, bathing/showering, changing briefs</td>
<td>Gloves, gown (as needed)</td>
</tr>
<tr>
<td>Device care or use</td>
<td>Central line, urinary catheter, feeding tube, tracheostomy/ventilator</td>
<td>Gloves and gown (Face shield and mask as needed)</td>
</tr>
<tr>
<td>Wound dressing / wound</td>
<td>Any skin opening requiring a dressing</td>
<td>Gloves and gown (Face shield and mask as needed)</td>
</tr>
</tbody>
</table>
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**  
  (www.who.int/campaigns/world-hand-hygiene-day)

- **PPE in Nursing Homes, Centers for Disease Control and Prevention**  
  (www.cdc.gov/hai/containment/PPE-Nursing-Homes.html)

- **Body, Facial, & Dental Hygiene, Centers for Disease Control and Prevention**  
  (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**  
Resources - continued

- **Nursing Homes and Assisted Living (Long-term Care Facilities [LTCFs]), Centers for Disease Control and Prevention**
  (www.cdc.gov/longtermcare/index.html)

- **Core Infection Prevention Practices, CDC Healthcare-Associated Infections Program** (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**
  (www.cdc.gov/infectioncontrol/projectfirstline/about.html)

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**
  (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