

Dermalux BED BATH PROCESS

SOFT TOWEL LOTION



It is recommended that nursing staff and carers view the Dermalux Soft Towel Lotion educational video prior to initiating procedure at www.whiteley.com.au/education



BED BATH PREPARATION

1 PURPOSE OF PROCEDURE



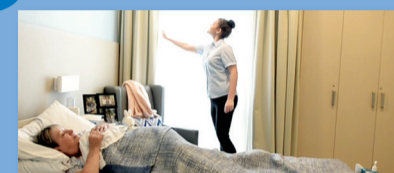
- Cleanse skin
- Stimulate circulation
- Promote a feeling of well being
- Evaluate/observe patient's condition

2 EQUIPMENT

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



3 PREPARE THE ROOM



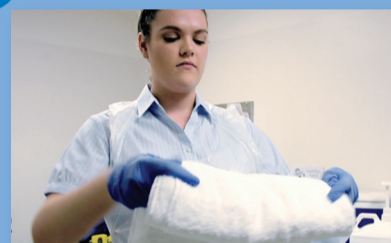
- Remove any unnecessary equipment
- Provide privacy
- Provide a warm environment
- Adjust bed to a comfortable height for the care provider

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



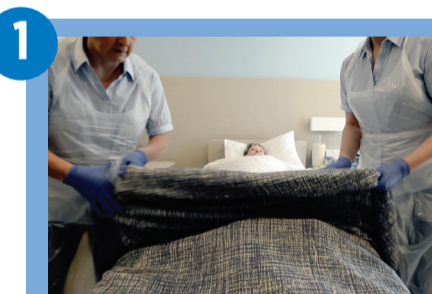
- Fill measuring jug with 2 Litres of 46-49 C water and 30mL of Dermalux Soft Towel Lotion
- Pour solution over towels and wash cloths
- Knead towels (if necessary) to ensure even distribution of the solution

7 PATIENT PREPARATION



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

BED BATH PROCEDURE



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



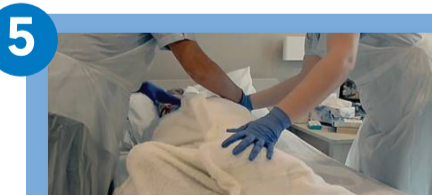
- Cleanse face, neck and arm pits with a wash cloth or a Dermalux Cleansing Wipe
- Offer a bed pan or urinal
- Attend to the perianal care regime using a second wash cloth or a Dermalux Cleansing Wipe
- Place cloth/wipe in appropriate receptacle



- 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



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



- 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



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



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



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