

This is being provided as a sample protocol to be modified as appropriate for your unit/facility's use. Please refer to the Essential Bath™ package for review of full use, microwave heating indications and use warnings.

POLICY TITLE: Essential Bath™ Cleansing Protocol (5 washcloths/package)	
DEPARTMENTS:	CODE #
ORIGINAL DATE:	PAGE 1 OF 2
DATE APPROVED/REVISED:	APPROVED BY:
DATE REVIEWED:	TITLE:

POLICY:

The Essential Bath Cleansing System will be used on all patients requiring bed baths unless a patient declines or has any known sensitivities to ingredients. If a patient is incontinent, follow the incontinence care protocol.

ARTICLES NEEDED:

- Essential Bath product (1 package containing 5 disposable washcloths)
- Towel (1 - optional)
- Incontinence care items (if necessary)

PROCEDURE:

1. Warming the Essential Bath Product

- a. Warm according to directions on the package.
- b. Consult package for complete indications, ingredients and warnings.

2. Bathing a Patient with Essential Bath Product

- a. Wash hands prior to the procedure and don a pair of gloves.
- b. Explain the procedure to the patient.
- c. Ensure the patient has privacy. Have patient remove gown or assist in the removal as needed. Use a towel or sheet to cover the patient appropriately.
- d. Peel back the label on the package and test the temperature by touching the top washcloth. Remember, gloves diminish your sensitivity to heat. If temperature is acceptable, proceed to the next step.
- e. Remove #1 washcloth. Apply washcloth to back of patient's hand or inside wrist/forearm area. Ask patient if the temperature is acceptable. If acceptable, proceed with next step. If NOT acceptable, STOP procedure. Repeat every 10 minutes until temperature is acceptable to the patient.

KEY POINT: *Continue to monitor patient's comfort level with the temperature as the bath progresses.*

- f. Using the #1 washcloth, clean the face, neck and chest. Discard when finished. No rinsing or drying is required.

KEY POINT: *Follow the bathing procedure in sequential order. This reduces the chance of cross-contamination by providing a clean cloth for separate areas of the body, while maximizing appropriate use of the product to prevent waste.*

- g. Remove the #2 washcloth. Clean both arms and armpits and discard.

KEY POINT: *For patients with potential for moisture entrapment in skin folds, pat dry with clean soft towel if necessary. Use caution around dressings, intravascular lines, etc*

- h. Remove the #3 washcloth. Clean the perineal area and discard. If patient is incontinent, follow the incontinence care protocol.
- i. Remove the #4 washcloth. Clean both legs and discard.
- j. Ask the patient to turn on his/her side, if able, or obtain assistance to turn, as necessary. Remove the #5 washcloth. Clean the back and buttocks and discard. If additional cleaning in the buttocks region is necessary, use the appropriate incontinence care products.
- k. Apply clean gown, reposition, and cover the patient as necessary.
- l. Discard all disposables as general waste. **Do not flush Essential Bath washcloths in the toilet.**
- m. Document procedure in progress notes.

APPLICABILITY: The Essential Bath policy is applicable to all healthcare workers assigned to provide bedside bathing to patients.

RESPONSIBILITY: It is the responsibility of the Nursing Managers to ensure that this policy is implemented correctly and consistently.

DO NOT FLUSH COMFORT BATH WASHCLOTHS

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