

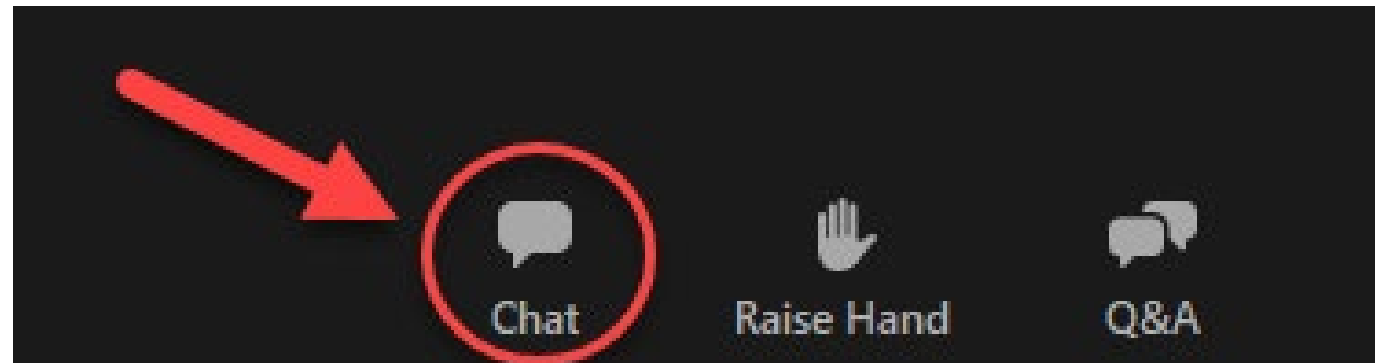
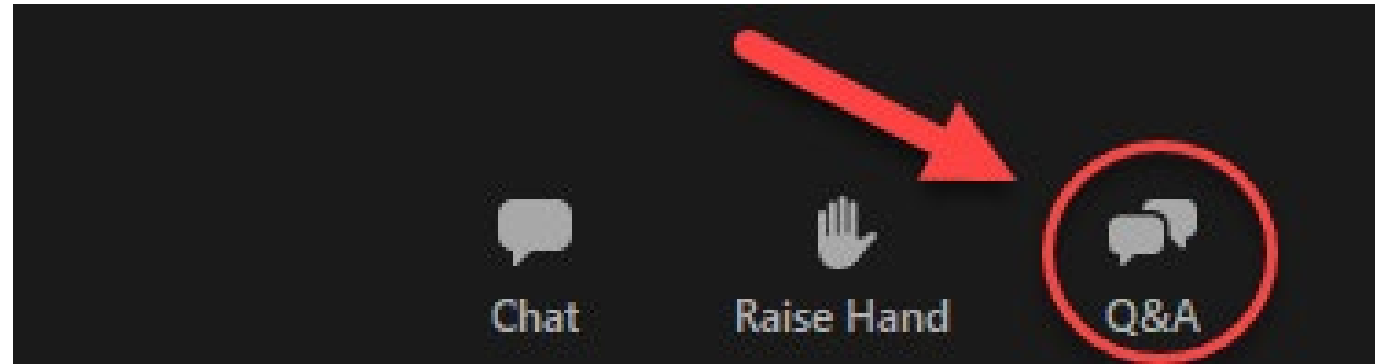


Making a Splash: Bathing and Dressing Residents

Project Firstline
Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health



- ✓ Submit questions via Q&A
- ✓ Use the chat feature to participate in the discussion



Implicit Bias

- Describes how our unconscious attitudes or judgements can influence our thoughts, decisions, or actions
- Includes involuntary, unintentional perceptions made without awareness
- Occurs as our brains sort information and perceive data to understand our world
- Affects our decisions, contributing to societal disparities
 - Self awareness about implicit bias can promote healthcare diversity and equality
- Learn more about your own implicit bias at [Project Implicit](https://implicit.harvard.edu/implicit/) (implicit.harvard.edu/implicit/)



INFECTION PREVENTION STARTS WITH YOU!



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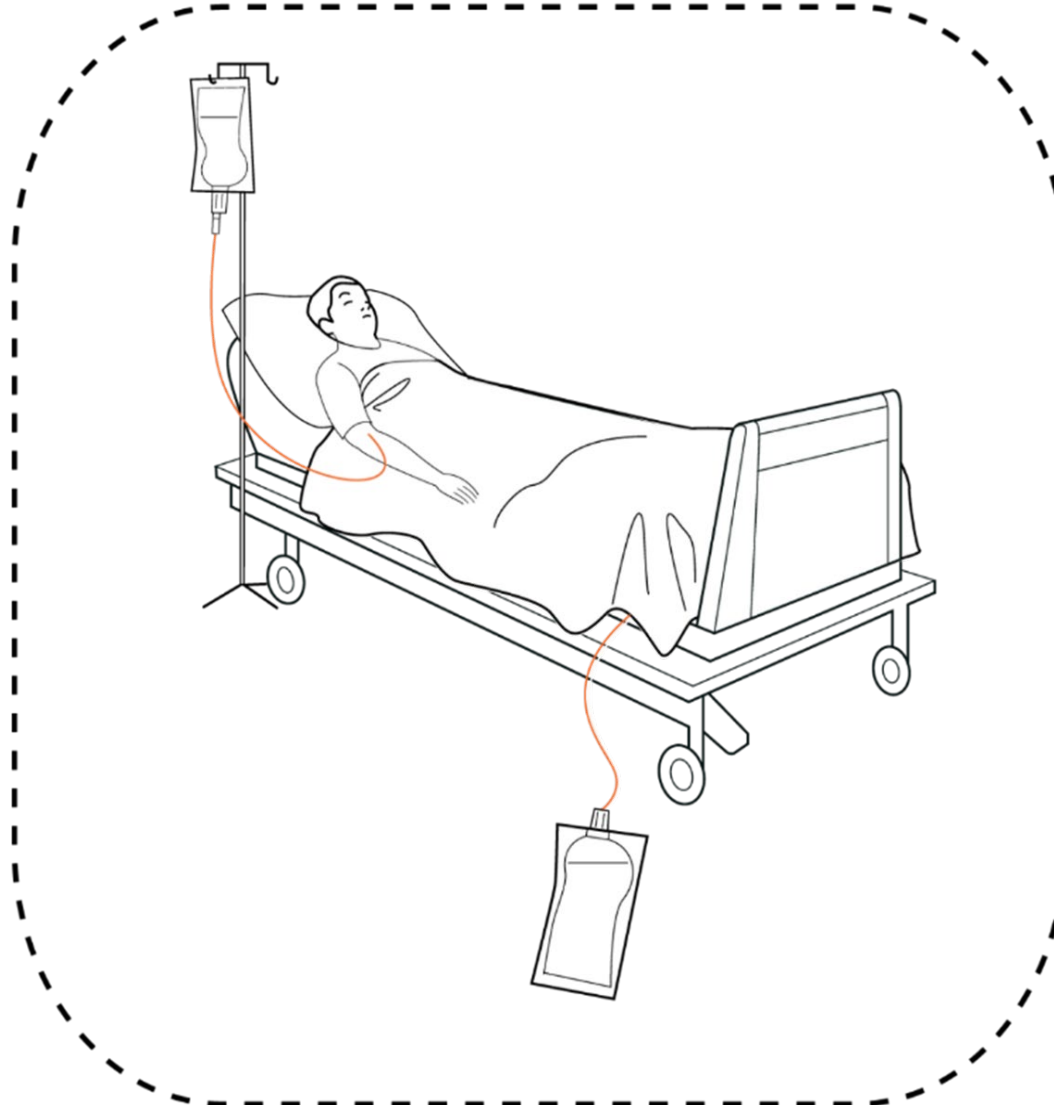
Objectives

- 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



5 Moments for Hand Hygiene



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When is hand hygiene needed? (Select all that apply)

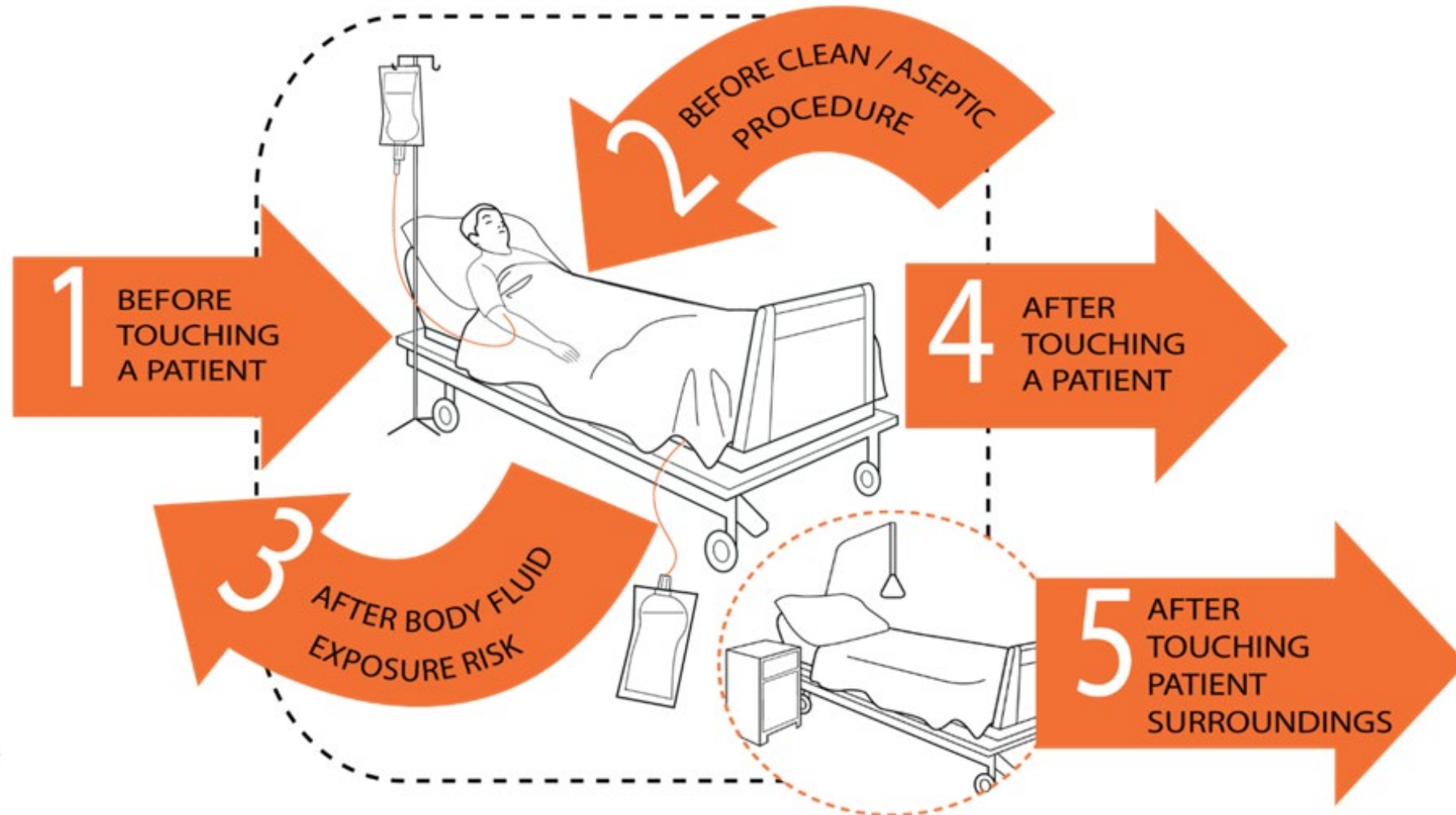
- A. Before touching a resident
- B. After body fluid exposure
- C. After touching resident surroundings
- D. After touching a resident
- E. Before clean/aseptic procedures

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5 Moments for Hand Hygiene





BATHING YOUR RESIDENTS

Bathing and Hygiene

- Hygiene practices keep bodies clean and healthy
 - Bathing is the cleaning of the body for the purposes of relaxation, cleanliness, and healing. Prevents:
 - Yeast or bacterial infections
 - Urinary tract infections (UTI)
 - Device-associated infections
- Grooming
 - Fingernail care, foot care, hair care, etc.



Bathing and Hygiene Continued

- Types of bathing
 - Showers, baths, bed baths, partial bed baths
- Never share personal hygiene items
 - E.g., shampoo, soap, body wash, toothbrushes
- Always gather items prior to starting the bath



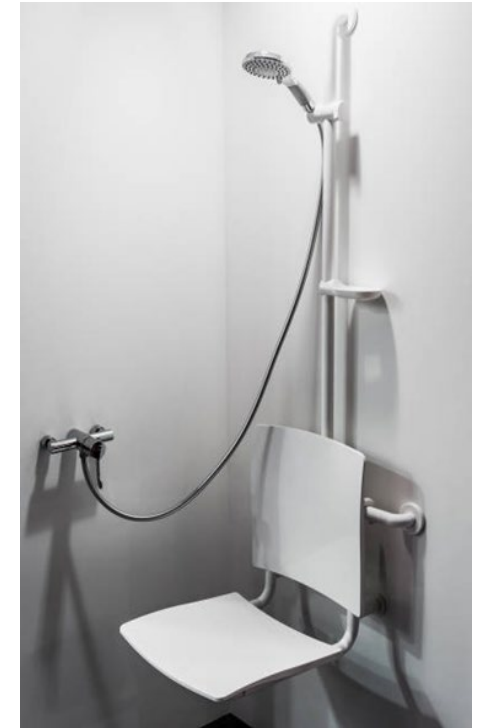
Personal Protective Equipment (PPE)

- Bathing, showering, dressing, and grooming require:
 - Donning gloves for every task
 - Donning gown when appropriate
 - Donning mask per facility policy



Infection Prevention Practices: Bathing Prep

- Ensure all equipment is clean and disinfected prior to use
- Bath time is the best time to **inspect the skin**
- Perform hand hygiene before donning and after doffing gloves



Infection Prevention Practices: Bathing

- Be gentle
- Gather all supplies needed before bathing
- 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!**



Observing the Skin During Bathing

- Pale, white, reddened, gray, or purple skin
- Blisters, bruises, or wounds
- Differences in the temperature of the skin compared to the area around it
- Complaints of tingling, warmth, or burning
- Dry, cracked, or flaking skin
- Itching or scratching
- Rash or any skin discoloration
- Swelling
- Fluid or blood draining
- Broken skin
- Changes in existing injury (size, depth, drainage, color, or odor)

Peri-Care During Bathing

- Clean face and upper torso before peri area
- Work from clean to dirty
- Change gloves before providing peri care
- **For women:** Wash peri area “front to back” to avoid UTI
- **For men:** 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)

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?

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 Continued

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

Poll Question

To prevent the spread of infection, what must you, as the CNA, do before handling any devices? (Select all that apply)

- A. Perform hand hygiene
- B. Use appropriate personal protective equipment (PPE)
- C. Ask the resident how they are doing
- D. Wash your gloves

Poll Question Answer

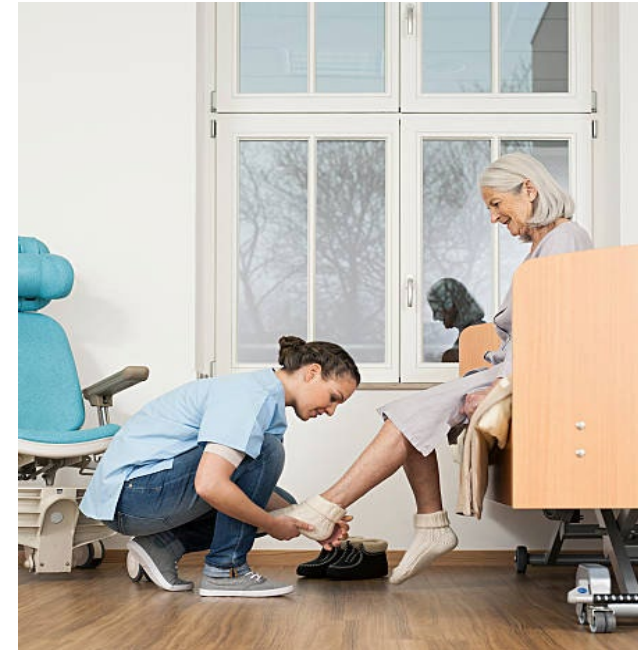
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DRESSING YOUR RESIDENTS

Dressing

- Dressing is defined as the act of putting on clean clothes and is an important part of daily care for all residents



Infection Prevention Practices: Dressing

- Affected/involved side(s)
- Gather all supplies
- Hand hygiene
- Ensure safe environment
- Tops → bottoms → footwear
- Bras at waist then rotated
- Roll or fold down socks before putting them on



- Report any changes in residents' skin
- Dispose of soiled clothing per facility policy
- Do not hold soiled items against your body
- Perform hand hygiene
- Check incontinent residents every 2 hours

Dressing with IV Bags

- Apply clean clothing to side with the IV
- Remove clothing from side without the IV first
- Slide correct arm opening over bag, then over tubing to arm
- Ensure tubing is not dislodged
- Check IV dressing is in place
- Ensure IV is dripping properly
- Never disconnect IV lines
- Never turn off IV pump
- Always keep IV bag higher than the IV site on the body



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

- [About Project Firstline | Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov/infectioncontrol/projectfirstline/about.html)
(www.cdc.gov/infectioncontrol/projectfirstline/about.html)
- [Core Infection Prevention Practices | California Department of Public Health \(CDPH\)](http://www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/2019_2_CoreInfectionPreventionPractices_Aproved02.22.19.pdf)
(www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/2019_2_CoreInfectionPreventionPractices_Aproved02.22.19.pdf)
- [Personal Hygiene | CDC](http://www.cdc.gov/healthywater/hygiene/body/index.html)
(www.cdc.gov/healthywater/hygiene/body/index.html)

Next Steps

- Fill out the post-training evaluation
- Visit the [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Group Registration Checklist

- ☐ Have training coordinator send a list of participants and email addresses to CDPH Project Firstline
 - If you do not have an email, free email accounts are available
- ☐ Once the training coordinator sends the list, we will email instructions to each participant on how to complete registration and receive their Certificate of Attendance
- ☐ Email: ProjectFirstline@cdph.ca.gov



Questions?

For more information, contact

ProjectFirstline@cdph.ca.gov

24/7 Voicemail Box: (510) 231-7855

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.