



# Rancho Los Amigos National Rehabilitation Center

## DEPARTMENT OF NURSING

### CLINICAL

### POLICY AND PROCEDURE

**SUBJECT:** PATIENT HYGIENE AND BATHING  
STANDARDS

**Policy No.:** C104  
**Effective Date:** 12/1993  
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**Purpose of the Policy:** To establish a standard of nursing practice and documentation requirements related to patient hygiene.

**Physician's Order Required:** No

**Performed By:** RNs, LVNs, RAs, NAs, SNWs, and Affiliating Nursing Students under the supervision of an RN

**Equipment required:** Will vary according to patient's needs and abilities.

#### **Definitions:**

Bathing:

Bed bath - full bath in bed

Partial bed bath – minimally includes face, hands, axillae, perineum

Shower - independent or assisted, standing or sitting

AM/PM Care:

Washing of hands, face, oral hygiene, grooming

Oral Hygiene:

Cleansing of mouth, teeth, tongue, gums, and prostheses (dentures)

Personal Grooming:

Will vary related to patient needs. May include hair combing, deodorant, make-up, shaving

Incontinence Care:

Skin inspection and cleansing following incontinence.

#### **Policy Statements:**

1. Patients will receive daily hygiene appropriate to their individual needs and self-care abilities. This regimen includes bathing, oral hygiene, and personal grooming.
2. Supplemental hygiene measures (incontinence care, tracheostomy care, gastrostomy tube care, etc.) are provided according to each patient's needs.
3. Bathing equipment (tubs, shower trolleys, shower chairs, etc.) will be cleaned after each patient use with the hospital approved disinfectant.
4. Patient and caregiver will be taught and encouraged to participate in their care in order to promote/facilitate maximum independence.

#### **Documentation:**

1. All bathing and hygiene measure refusals and exceptions will be documented in the electronic health record (EHR).
2. Document patient/ caregiver teachings and achievements regarding bathing and hygiene in EHR.

**Reviewed by** Dulce Dones, MSN, RN

**References:**

CMS Regulations (2017). Retrieved from [https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap\\_pp\\_guidelines\\_ltcf.pdf](https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf)

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Personal Hygiene (2019). Retrieved from <https://www.registerednursing.org/nclex/personal-hygiene>

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12/93 – New  
12/96 – Reviewed  
06/00 – Revised  
05/02 – Reviewed  
07/03 – Revised  
07/06 – Revised  
10/10 – Reviewed  
12/13 – Revised  
08/16 – Revised  
02/20 - Revised  
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