



# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


Name: \_\_\_\_\_

## Complete Bed Bath - 5.01J

*A modification of this skill may be required during NNAAP® testing*

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Bath basin, warm water, soap, 2-4 wash cloths, 3-4 bath towels, clean gown/garment, bath blanket or equivalent, linen bag, personal care items such as lotion, powder, or deodorant, gloves

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|  | 1. Knock before entering resident's room  |
|  | 2. Address resident by name, identify resident  |
|  | 3. State your name and title, explain procedure   |
|  | 4. Wash hands, assemble equipment   |
|  | 5. Provide privacy and prevent drafts   |
|  | 6. Provide for resident safety and elevate bed to best level for proper body mechanics. Place bed in flat position if tolerated. Keep the side rail(s) up on the far side of the bed throughout the entire bath   |
|  | 7. Offer the resident the bedpan or urinal prior to bath  |
|  | 8. Perform oral hygiene or denture care following proper procedure, as needed.  |
|  | 9. Cover the top layers of linen with a bath blanket/equivalent. Ask the resident to hold the bath blanket/equivalent in place, and remove the top covers without disturbing the bath blanket/equivalent. If resident is unable to assist, hold the bath blanket/equivalent with one hand and pull the dirty top covers out from under the bath blanket/equivalent with the other hand. |
|  | 10. Place dirty sheets in linen container if it is in the room. If no linen container is in the room, place dirty linen in a plastic bag. Do not place dirty linen directly on floor.   |
|  | 11. Remove resident's clothing and place in dirty linen container or plastic bag  |
|  | 12. Observe condition of skin throughout procedure  |
|  | 13. Place a towel across the patient's chest  |

## Complete Bed Bath - 5.01J

	14.	Place wash basin on over bed table. Check water temperature for safety and comfort, water <b>not warmer than 105-110°F</b> , ask resident to verify comfort of water.
	15.	Put on gloves
	16.	Wet washcloth, wring it out, and fold into a mitt or some other method so that the washcloth can be controlled and so that different parts of the washcloth can be used for a single wipe.
	17.	Wash <b>eyes</b> starting at the inner corner of the eyes and wiping out. No soap. USE A DIFFERENT CORNER OF THE WASHCLOTH/MIT FOR EACH EYE.
	18.	Wash and dry the <b>face and ears</b> DO NOT USE SOAP ON THE FACE UNLESS REQUESTED.
	19.	Wash, rinse, and dry the neck
	20.	When washing, wet washcloth, wring it out, and <u>apply soap to washcloth</u> . Do not put soap in the wash basin. This keeps water free of soap for later rinsing.
	21.	If using product that does not need rinsing, add to water as needed
	22.	Expose the arm on the far side of bed, and place a bath towel under the arm up to the shoulder
	23.	If the resident is able to participate, place the basin of water on the bed and place the resident's hand in the basin.
	24.	Wash and rinse the <b>hand, arm, underarm, and shoulder</b> on the far side of the bed. <b>NOTE:</b> If resident is large, do not attempt to reach and put undue strain on back. Provide for resident safety and go to opposite side of bed or get assistance as needed. This applies to washing legs also.
	25.	Dry the hand, arm, underarm, and shoulder on the far side of the bed
	26.	Wash, rinse, dry the arm nearest to you in the same manner
	27.	Place a towel across the chest and fold the bath blanket/equivalent down to the abdomen
	28.	Pick up bottom of towel and wash, rinse, and dry breasts/chest from under towel, without exposing resident. Use caution washing and drying under breasts.
	29.	Turn towel long ways and pull bath blanket down to expose abdomen.
	30.	Wash, rinse, and dry <b>abdomen</b>
	31.	Remove towel, and cover the patient with the bath blanket/equivalent
	32.	Expose the leg on the far side of the bed, bend the resident's knee, and place a towel under the leg from the foot to the hip. If possible, place the foot in the basin of water.
	33.	Wash, rinse, and dry the <b>foot and leg</b>

## Complete Bed Bath - 5.01J

	34.	Wash the foot and leg on your side in like manner.
	35.	Assist resident to turn away from you with his back toward you.
	36.	Arrange the bath blanket/equivalent over the resident's side to expose the back and buttocks.
	37.	Place a clean towel parallel to the resident's back from his shoulders to resident's hips.
	38.	Wash, rinse, and dry the <b><u>back and buttocks</u></b>
	39.	Give back rub using lotion. Lotion may be applied to other areas of dryness as needed.
	40.	Place a towel under the buttocks, turn the resident onto back.
	41.	If resident is able, give resident a clean washcloth, soap, and towel to wash the perineal area. If the resident is unable to assist, provide perineal care for the resident.
	42.	Assist to apply <b><u>personal care products</u></b> (lotion, deodorant, or powder as desired by the resident) <input type="checkbox"/> Sprinkle a small amount of powder into the palm of your hand away from the patient <input type="checkbox"/> Apply a thin layer of powder if used <input type="checkbox"/> NEVER shake the powder directly onto the resident's skin <input type="checkbox"/> Breathing the powder can cause lung irritation
	43.	Put a clean gown or clothing on the resident without exposing the resident
	44.	During the bath, undressing, and dressing, move body gently and naturally, avoiding force and over-extension of limbs and joints
	45.	Empty, rinse, and dry wash basin
	46.	Place wash basin in the resident's unit or designated area
	47.	Dispose of used gown/clothing and soiled linen into the soiled linen container
	48.	Remove gloves and wash hands AFTER handling wash basin and soiled linen
	49.	Provide for resident safety and comfort: leave bed in lowest position and call signal within reach

Instructor's Initials: \_\_\_\_\_ Date: \_\_\_\_\_

**NNAAP Tip:** For NNAAP® Testing be sure to remove the resident's gown even though the NNAAP skill only requires for the whole face, one arm, and one underarm be washed. If the gown is not removed, it cannot be discarded and a clean gown cannot be applied. Three misses! Also, for NNAAP testing, once the gown is removed it must be placed in the dirty linen container immediately.