

## Bathing and Grooming a Person Confined to Bed

Your name:



### Part A

*Please tick the correct TRUE or FALSE ANSWER.*

**Example:** A care plan should evolve over time to incorporate changes in the resident's needs.

True  False

1. Being bathed in bed can be physically painful for a resident.  
True  False
2. You should explain what you are doing, even if the person can't respond.  
True  False
3. The bed should be adjusted to the correct height for staff to protect their backs whilst bathing someone.  
True  False
4. Pain relief medication should be given at the same time as you start bathing the person.  
True  False

5. People should be helped to dress from their strongest side first.

True  False

6. Cleaning the side furthest away from you helps prevent cross infection.

True  False

7. A single bowl of water at the right temperature will do for the whole bed bath.

True  False

8. Fresh towels should be used after the genital area has been cleaned.

True  False



## PART B

Select the **MOST CORRECT** word or phrase to complete the sentence.

**Example:** Order the steps involved when taking someone's pulse.

Sit down next to them and explain what you are going to do.	_____1_____
Document the pulse rate, rhythm and strength of the beats.	_____3_____
Find the pulse and every time you feel a beat against your fingers count.	_____2_____

1. In what specific order should a person be bathed in bed?

- |                  |       |
|------------------|-------|
| A. Genital area  | _____ |
| B. Head          | _____ |
| C. Upper torso   | _____ |
| D. Legs and feet | _____ |

2. According to the program, what is the correct order of tasks in cleaning a person's eyes?

- |   |       |
|---|-------|
| A. Place a towel over the shoulders.  | _____ |
| B. Use the washcloth over the little finger to clean in a single stroke from the inside edge of the nearest eye out to the ear. | _____ |
| C. Use the washcloth over the index finger to clean in a single stroke from the inside edge of the furthest eye out to the ear. | _____ |
| D. Ask the person to close their eyes.  | _____ |
| E. Pat dry the nearest eye.   | _____ |
| F. Pat dry the furthest eye.  | _____ |

3. According to the program, in what order should the parts of the face be cleaned?

- |             |       |
|-------------|-------|
| A. Forehead | _____ |
| B. Cheeks   | _____ |
| C. Nose     | _____ |
| D. Eyes     | _____ |
| E. Chin     | _____ |



## PART C

Select the **MOST CORRECT** word or phrase to complete the sentence.

**Example:** A resident's ..... signs such as temperature are also described as "obs" or "observations."

- A. life
- B. vital
- C. key
- D. health

1. Bathing can improve the flow of ..... around the body.

- A. heat
- B. energy
- C. blood
- D. air

2. Ensure the bed's ..... are on before starting to bathe the person.

- A. sheets
- B. brakes
- C. rails
- D. covers

3. In the program, water temperature in the bowl was checked with the .....

- A. wrist
- B. thermometer
- C. elbow
- D. chart

4. Bedding and clothing to be washed should go straight into the linen .....

- A. store
- B. sack
- C. shed
- D. skip

5. If the person can move at all, ..... them to participate in their bathing and grooming.
- A. tell
  - B. require
  - C. encourage
  - D. push
6. A ..... should be placed on any exposed areas of the person during the bathing process to preserve their privacy and dignity.
- A. towel
  - B. bath robe
  - C. cloth
  - D. uniform
7. Arms and legs should be cleaned with long ..... strokes.
- A. firm
  - B. rapid
  - C. upward
  - D. downward
8. For some parts of the body, ..... wipes are used.
- A. chilled
  - B. disposable
  - C. no
  - D. hot

9. While bathing the person, check fingers and toes for ..... issues.

- A. biting
- B. dietary
- C. cognitive
- D. circulation

10. It is important to make the bathing experience as dignified, pleasant and ..... as possible.

- A. slow
- B. inexpensive
- A. efficient
- B. quiet

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