

LESSON PLAN ON BED BATH	
Subject	Fundamentals of nursing
Topic	Bed bath
Group	1 st year BSC nursing
Date & Time	
Teaching Method	Lecture and discussion
AV aids/Instructional aids	White board
Students pre-requisite	The students should have the knowledge on bed bath.
General objective	At the End of Demonstration student will be able to know the definition of bed bath, purpose of bed bath, general instruction of bed bath, articles needed for bed bath, procedure of bed bath and after care of bed bath

Specific objective	<ul style="list-style-type: none"> • The Student will be able to define Bed Bath • The student will be able to enlist the purposes of Bed bath • The students will be able to Explain the general instructions for giving Bed Bath • The student will be able to list down the articles required for Bed bath • The student will be able to re-demonstrate the procedure of bed bath • The student will be able to know about after care of the client and article after bed bath
Review of previous class	

S.No	TIME	SPECIFIC OBJECTIVE	CONTENT	TEACHING AND LEARNING ACTIVITY	EVALUATION
1	2-3min	The Student will be able to define Bed Bath	Definition: Bed Bath is a procedure of cleaning the entire body of a dependent patient or giving bath to a patient who is dependent to bed and is not physically or mentally capable of doing and maintaining self-care.	White board	Define Bed Bath?

S.No	TIME	SPECIFIC OBJECTIVE	CONTENT	TEACHING AND LEARNING ACTIVITY	EVALUATION
2	3-4min	The student will be able to enlist the purposes of Bed bath	<ul style="list-style-type: none"> • To Clean the body off dirt and bacteria • To increase elimination through the skin • To prevent Bed sore • To stimulate circulation • To induce sleep • To provide comfort • To relieve fatigue • To produce a feeling of Well-being • To regulate Body Temperature • To provide active and passive exercise • To observe Objective Symptoms <p>To establish an effective Nurse Patient Relationship</p>	Black board	Enlist the purposes of Bed Bath

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3	4min	The students will be able to Explain the general instructions for giving Bed Bath	<ul style="list-style-type: none"> • Privacy of patient must be maintained with the help of Screen • Explain the procedure to the client • Wash hands before and after the procedure • All articles used in bed bath should be clean • Client Unit should be free from draughts • Keep all articles arranged in patients bed side • Maintain Proper Body mechanics during procedure <p>Only small area of body should be</p>	chard	Explain the general instruction for giving bed bath

S.No	TIME	SPECIFIC OBJECTIVE	CONTENT	TEACHING AND LEARNING ACTIVITY	EVALUATION
			<p>exposed and bathed at a time</p> <ul style="list-style-type: none"> • The wash clothes should be held with the corners tucked securely on the palm of the hand to avoid dragging its cold and wet end over the skin • Each stroke should be smooth • Support should be given to the joints while washing and drying • Cut Short the nails, if they are long • A thorough inspection should be done to find out bed sore • Avoid giving bath immediately after meals • The temperature of the water to be adjusted to the comfort of the patient • The temperature for adult is 110 to 115 degree Fahrenheit • Powders are used to prevent friction and absorb moisture • Creams or Oils are used to prevent drying of skin 		

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4	5min	The student will be able to list down the articles required for Bed bath	<p>Articles</p> <ul style="list-style-type: none"> ● Bath Basin – 1 ● Small Bowl – 1 ● Soap with Soap Dish – 1 ● Wash Cloths – 2 ● Bath Towel – 2 ● Face Towel – 1 ● Bath Blanket or Sheet -1 ● Scissors or Nail Comb and Oil ● Kidney Tray and Paper Bag ● Jug – 2 ● Bucket – 1 ● Clean Linen and patient dress ● Laundry Bag <p>Mackintosh Cutter</p>	demonstration	What are the articles required for bed bath

S.No	TIME	SPECIFIC OBJECTIVE	CONTENT	TEACHING AND LEARNING ACTIVITY	EVALUATION
5	10min	The student will be able to re- demonstrate the procedure of bed bath	<p>Procedure</p> <ul style="list-style-type: none"> • Determine the clients tolerance for activity • Prepare patient environment • Explain procedure to the client • Close windows and doors to avoid draught • Provide privacy to the client • Arrange articles within the reach • Wash hands and wear clean gloves • Check temperature of water and mix hot and cold water • Place the towel under the chain • Wash rinse and dry the areas from face, neck farthest arm, near arm, chest, abdomen, back, farthest leg, near leg and pubic region • Take a wash cloth wet it squeeze it, • make a mitten apply soap on it and clean the face and face Take a other cloth rinse it in water and clean the soap where it is applied • Dry the face with face towel Clean arms and hands by cleaning farther Arm first and then near arm then wash axilla • Clean Chest and abdomen with water Keep chest and abdomen cover all along and use long strokes to wash the areas • Change water if required • Clean back of the patient, wash rinse dry using firms strokes from neck to buttocks • Give Back massage • Change if water is dirty • Tend patient to Supine Position • Wash legs farther arms to nearest arm then dry the feet and discard the water • Clean the perineal area with water • Provide comfortable position to the 	chart	Demonstrate the procedure of bed bath

		<p>patient</p> <ul style="list-style-type: none">• Remove the basin and replace all articles <p>Wash hands and Record the procedure towel ear and neck</p>		
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S.No	TIME	SPECIFIC OBJECTIVE	CONTENT	TEACHING AND LEARNING ACTIVITY	EVALUATION
6	5min	The student will be able to know about after care of the client and article after bed bath	<p>Aftercare</p> <ul style="list-style-type: none"> • Replace the client's clothing • Straighten the bed linen • Remove the bath blanket and put it for washing • Change the bed linen if needed • Offer a Hot drink if permitted • Cut short the nails • Comb the hairs and arrange the hair • Position the client comfortable • Replace all article to utility room • Wash hands and record the procedure • Give Health education regarding personal hygiene <p>Conclusion</p> <p>After Completion of this topic student will be able to demonstrate the procedure of bed bath</p> <p>Summary</p> <p>In this topic we have discussed about bed bath, its purpose, general instruction, article procedure of bed bath and after care</p> <p>Bibliography</p> <ol style="list-style-type: none"> 1. Sr. Nancy, fundamentals of Nursing N. R brothers publication VI edition, P.g no. 259 – 268 2. Maninder Kaur and Lakhwinder kaur, Fundamentals of Nursing, P.V • Books, II edition, P.g No. 319 - 321 	Discussion cum lecture	Describe about after care articles and patient after bed bath

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