

Introduction

The aging of the population¹ and the deficit in self-care for bathing, intimate hygiene and dressing are characteristics of the Frail Elderly Syndrome (00257)², requiring bed bath in the hospital environment

Objective

To explore the literature related to bed bath in the adult/elderly in a hospital environment and classify according to the classification of nursing interventions (NIC).

Methods

Exploratory-descriptive study of literature review.

- The Population, Concept and Context (PCC) strategy was used, with “P”= adults and elderly, “C”= bed bath and “C”= hospital.
- The guiding questions were: What are the bed bath techniques in adults/elderly in the hospital context? In which adult/elderly inpatient units is bed bath performed? What are the possible complications of bed bath in adults/elderly? How is the relationship between the nursing team and patients during the bed bath?
- The search was carried out in the PubMed, EBSCO and EMBASE databases in March/22, using the descriptors “elderly AND adult”; “bed bath” OR “bag bath”; “hospital”.
- Were included: primary and review articles, published in Portuguese, English, Spanish and German, full texts, without publication year limit.
- Were excluded: research that was not carried out with human beings and articles that did not meet the research objectives.

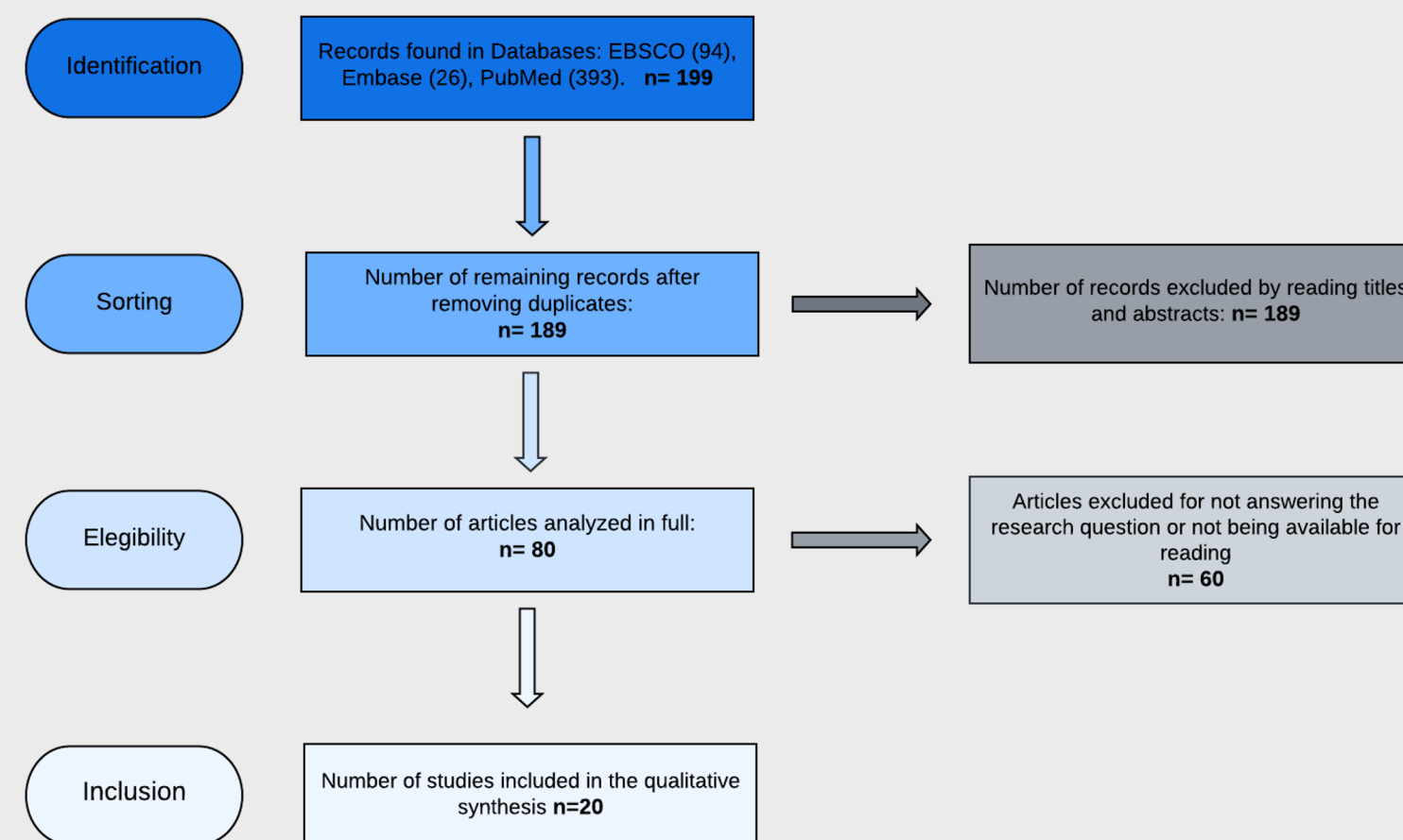
BED BATH: LITERATURE REVIEW

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Results

Were found 199 articles. For analysis, the PRISMA flow diagram (figure 1) was used and after identification and screening, 21 articles were included.



It was found bed bath techniques that provide comfort and safety to the patient like as applying a hot towel to maintain the temperature, music to relax, screens and curtains to ensure privacy and disposable tissues with solution degerming agent to replace the traditional soap and water without increasing the cost. Bed bath is used in Intensive, Semi-Intensive and medical and surgical clinics³. As complications we found respiratory changes and falls. Articles highlight the creation of a bond between the nursing team and the patient during the bed bath and the participation of the nurse guarantees the supervision of the technique and facilitates the physical examination. According to the NIC, the nursing intervention is classified as Bath (1610) and bed bath is a nursing activity⁴

Conclusion

Bathing techniques using innovative technologies at a lower cost, which guarantee practicality for professionals and comfort for the patient, are being used. The presence of the nurse contributes to the creation of a bond, facilitates the assessment and prevents complications.

References

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