Best practice recommendations

Showering or tub bathing may create splashes and sprays of water and the possibility of exposure to body fluids/secretions from the patient with the water splash. Use a point of care risk assessment to determine if you need to wear personal protective equipment (PPE).

1. Selecting PPE
   1.1 Routine practices, used when interacting with all patients at all times, includes a point of care risk assessment to guide selection and use of PPE.
   - If you may be splashed or sprayed while assisting with the shower or tub bath, wear a waterproof gown, gloves and facial protection e.g., surgical/procedure mask with visor or goggles.
   - To reduce the risk of splashing, place items needed during the shower or bath, e.g., soap, face cloth, shampoo in a location within reach of the patient to use without help.
   - Discard single-use, disposable PPE after use. Exception: eye protection such as goggles, safety glasses and face shields may be dedicated to an individual healthcare provider and cleaned and disinfected for reuse.
   - Clean and disinfect reusable PPE after use, e.g., gowns can be stored or hanged in a clean location.

1.2 Rubber boots are not PPE but may be necessary to keep shoes and feet dry.
   - Rubber boots may be dedicated to a single staff member or may be reused between staff. To prevent direct contact of feet with the inside of the boot:
     - If boots are dedicated to a single staff member, staff wear socks to cover feet.
     - If boots are reused by more than one staff member, staff wear socks and shoe covers over feet.
   - Clean and disinfect the exterior of the rubber boots after use and store for reuse.

2. Supplies required
   2.1 The site/facility provides supplies in various sizes if the patient needs direct staff assistance with showering or tub bathing:
   - Single-use disposable or reusable waterproof gowns that cover the front and sides of the staff member to prevent splashes penetrating onto clothes and skin.
     - Determine if the reusable gowns will be dedicated to a single staff member or reused between staff as this impacts supply quantity.
   - Rubber boots:
     - Determine if the boots will be dedicated to a single staff member or reused between staff members as this impacts supply quantity.
   - Use disposable shoe covers if rubber boots are not dedicated to a single staff member.

3. Patients on additional precautions e.g., COVID-19
   3.1 Consider alternative bathing methods such as bed-baths, e.g., bath-in-a-bag system for symptomatic patients.