

Chapter 40: Heat and Cold Applications

Assisting the Client to Take a Sitz Bath			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Practise proper hand hygiene.			
4. Collect the following supplies:			
<input type="checkbox"/> Disposable sitz bath, if used.			
<input type="checkbox"/> Wheelchair, if the built-in sitz tub is used			
<input type="checkbox"/> Bath thermometer			
<input type="checkbox"/> Large water container			
<input type="checkbox"/> Two bath blankets, sheets, or large towels and clean garments			
<input type="checkbox"/> Footstool, if the client is short			
<input type="checkbox"/> Disinfectant solution			
<input type="checkbox"/> Utility gloves			
5. Provide for privacy.			
Procedure	S	U	Comments
6. Assist the client to the bathroom or commode. Encourage the client to eliminate before the procedure.			
7. <i>If using a disposable sitz bath:</i>			
a. Place the disposable sitz bath on the toilet seat.			
b. Fill the sitz bath two thirds full with water. Measure the water temperature. (Your supervisor will tell you water temperature to use.) Measure the water temperature. If a water thermometer is not available, test the water by dipping your inner wrist in the water. If the water feels too warm, add some cold water and mix it in well.			

c. Close the clamp on the tubing.			
d. Fill the water bag with warmer water than that in the bowl. Your supervisor will tell you what water temperature to use. Measure the water temperature.			
e. Hang the bag on a towel bar or from the top of the toilet tank. The bag must be at a higher level than the toilet seat.			
8. <i>If using a built-in sitz tub:</i>			
a. Transport the client by wheelchair to the room with the sitz bath.			
b. Fill the sitz bath two thirds full with water. Your supervisor will tell you what water temperature to use. Measure the water temperature with a thermometer or your inner wrist.			
c. Use towels to pad the metal part of the sitz tub that may be in contact with the client.			
9. Assist the client to remove or lower clothing below the waist, or raise the client's gown above the waist.			
10. Assist the client to sit in the sitz bath.			
11. Place a bath blanket, sheet, or large towel around the client's shoulders. Place another over the legs for warmth.			
12. Provide a footstool if the edge of the sitz bath causes pressure under the knees.			
13. Show the client how to open the clamp (of a disposable sitz bath) to let warmer water from the bag flow into the sitz bath. Assist, as necessary.			
14. Place the call bell within reach.*			
15. Stay with a client who is weak or unsteady.			
16. Check the client every 5 minutes for complaints or signs of weakness, faintness, and drowsiness. Check for a rapid pulse. If any occur, get assistance to help the client back to bed.			
17. Assist the client out of the sitz bath after 15 minutes or as directed by your supervisor.			

18. Assist the client with drying off and dressing.			
19. Assist the client back to the room.			
Post-Procedure	S	U	Comments
20. Provide for safety and comfort.			
21. Remove privacy measures.			
22. Clean the sitz bath with disinfectant solution. Wear utility gloves.			
23. Clean and return reusable items to their proper places.			
24. Follow employer policy for handling soiled linen. Wear gloves for this step.			
25. Practise proper hand hygiene.			
Report and record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			