



BACK TO BASICS: THE CASE FOR A BETTER BATH

How enhanced bathing protocols improve
efficiency, experiences and outcomes



KEEPING PATIENTS CLEAN IS DIRTY WORK.

And with the healthcare industry more and more overburdened and understaffed, it can be easy to overlook some of the more tedious aspects of care, like **daily patient bathing**.

With so many competing priorities, you want to focus your efforts in areas that add the most value. And when you're already drowning in work, **you might think that a patient bath is the last thing needed.**

Or is it?

With the power to help prevent infection, speed recovery and demonstrate care, **patient bathing is one area of medicine that can have a significant impact on patient outcomes and experiences** — with minimal investments in clinician time and resources.

Bathing is more than just a hospital amenity — it's a necessity

Daily baths present an opportunity to lean into key tenets of care and support patients' physical and emotional wellbeing. **Plus, it helps you:**

Remove and kill bacteria¹

Improve patient self-image and comfort level²

Evaluate skin integrity²

Promote positive interactions and educational opportunities

Stimulate circulation and healing²

Promote range of motion³



Understanding the full impact of your bathing protocols is critical to ensure positive patient outcomes.

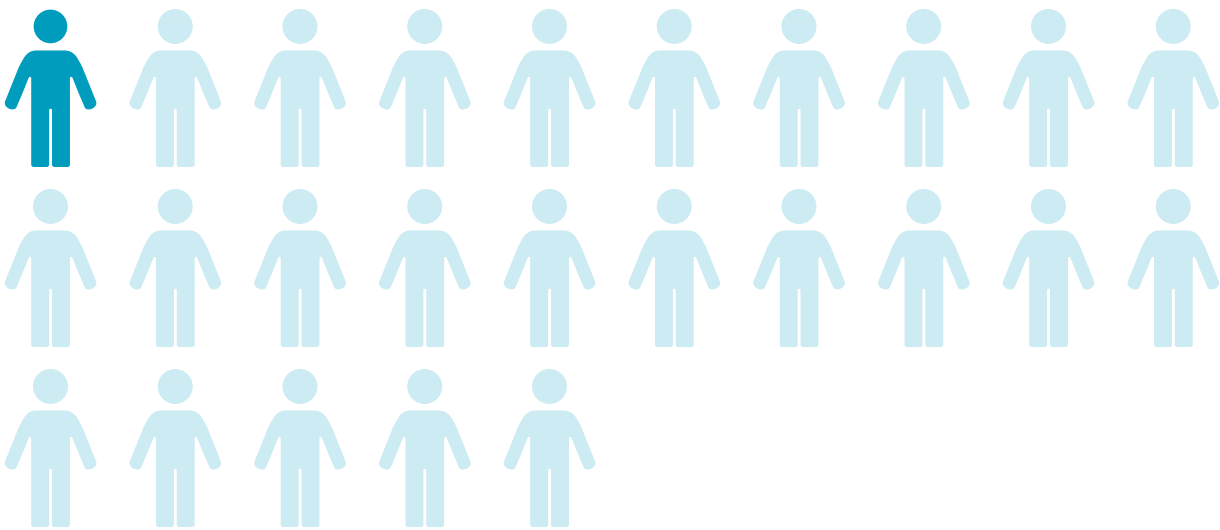
¹ Umscheid CA, Mitchell MD, Doshi JA, et al. Infect Control Hosp Epidemiol 2011; 32(2): 101–114.

² Downey L, Lloyd H (2008) Bed bathing patients in hospital. Nursing Standard 22, 34, 35–40. Date of acceptance: January 31, 2008.

³ Rosdahl, C. B., & Kowalski, M. T. (2007). Textbook of basic nursing (9th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Beyond promoting hygiene and positive patient experiences, daily bathing also plays a major role in preventing infection

Nothing slows down patient recovery and operational efficiency like infections, which can affect up to **1 in 25 hospitalized people**¹ and increase treatment costs by ~\$25,000 per admission.²



For low-mobility patients, the impacts of hospital-acquired infections (HAIs) can be even more severe. **Low-mobility patients are some of the most susceptible to contracting HAIs** — and at the highest risk for serious complications as a result. That’s what makes bed baths such a crucial part of proper patient care.

“I would say that **skin prep is the most important thing**, because if I’m going to poke a patient so I could enter stuff into the bloodstream, if I haven’t cleansed the area around it, everything on the surrounding skin could go into the patient’s bloodstream. So that’s why I say that’s the most important because that could lead the quickest to an infection.”

NATALIE | NURSE

¹ Patient Safety Network, “Surgical Infections,” September 7, 2016

² Scott, R. Douglas, The Direct Medical Costs of Healthcare-Associated Infections in U.S. Hospitals and the Benefits of Prevention March 2009. Available from: https://www.cdc.gov/hai/pdfs/hai/scott_costpaper.pdf

There are common ways to wash. But are they effective?

Patient bathing typically takes one of two forms: bed baths with soap and water, or wipe-downs with preloaded antiseptic wipes. Both can be helpful for fighting germs, but each has room for improvement in other areas.



Soap and water baths

Short-lived benefits

Wasted time gathering supplies

Need to sanitize linens and basins



Preloaded antiseptic wipe-downs

Skips the rinse step

May leave sticky residue

Short shelf life

Higher cost per unit

Don't skip the rinse

Rinsing is what physically removes bacteria and spores from the skin and is especially important when combatting infections like *C. difficile*, where the removal of spores is vital for preventing the spread of harmful bacteria.¹ If you're not rinsing, you're not getting the full value of the treatment.

¹ Rupp ME, Cavalieri RJ, Lyden E, Kucera J, Martin M, Fitzgerald T, et al. Effect of hospital-wide chlorhexidine patient bathing on healthcare-associated infections. *Infect Control Hosp Epidemiol* 2012 Nov;33(11):1094-1100.

The key to a better bath lies in both the cleanser's ingredients and its application

Chlorhexidine gluconate (CHG) is a powerful antiseptic, antibacterial agent — and it's a real asset to patient bathing protocols.

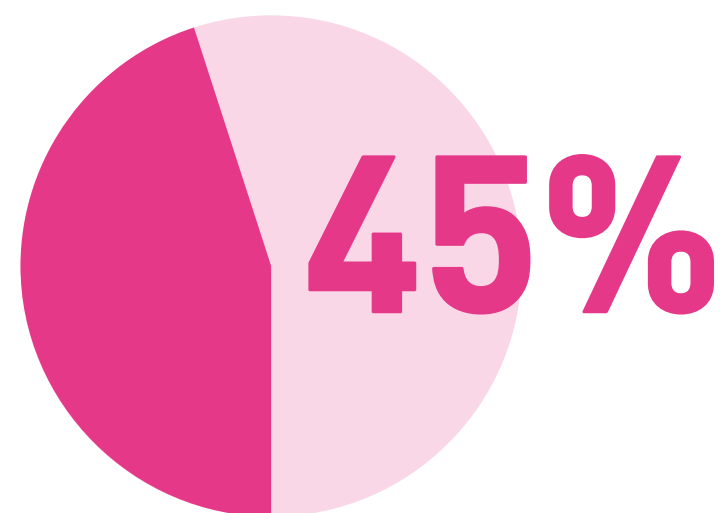
Unlike soap and other cleansers, CHG doesn't just kill germs. It binds to the skin on application to provide lasting protection — even after rinsing. And with CHG foams, patients get the experience of a real bed bath, so there's no need to compromise on efficacy OR patient satisfaction.

**The benefits of
a true bed bath** **+** **The lasting
protection of CHG** **=** **A better bath
for everyone**

The results speak for themselves

Extensive research and clinical studies demonstrate CHG's significant benefits for infection prevention for both patients and hospital staff.

For example, one trial found that a comprehensive 4% CHG bathing program — along with other infection prevention protocols — **reduced HAIs by 45% compared to soap and water.**¹



“Right now, we are trying to identify high-risk people for MRSA and we **give them a bath in CHG every day.**”

BETTY | INFECTION PREVENTION & CONTROL MANAGER

¹ Chapman, L., Hargett, L., Anderson, T., Galluzzo, J. and Zimand, P., 2021. Chlorhexidine Gluconate Bathing Program to Reduce Health Care–Associated Infections in Both Critically Ill and Non–Critically Ill Patients. *Critical Care Nurse*, 41(5), pp.e1–e8.

The benefits of CHG go beyond bathing

With protection that doesn't wash off, CHG affects more than just a patient's daily bath. In conjunction with complete infection prevention protocols, CHG can have real impacts on outcomes, experiences and operations — system-wide.

In one QIP, CHG bathing was shown to help **improve overall patient satisfaction.**¹



Improved patient outcomes

Go beyond soap, water and wipes to help better prevent the spread of HAIs that can hinder patient recovery and strain hospital resources.



Better patient experiences

Promote positive patient experiences and compliance with an improved bathing system that supports their physical and emotional wellbeing.



Enhanced clinician efficiency

Drive speed and compliance for staff through a simplified bathing protocol. Choose a provider with a bundled, all-in-one solution.

¹ Reducing Infections and Increasing Patient Satisfaction: One Hospital's Journey, Paulina Rodriguez, Abilene Regional Medical Center, Infection Control Today, June 2018

HUBS:

A COMPLETE SOLUTION FOR PATIENT BATHING

The Hibi® Universal Bathing System (HUBS) allows clinicians to enhance the benefits of bed bathing with a powerful CHG cleanser that's gentle on skin.



What is HUBS?

HUBS lets you combine HibiClens® 4% CHG cleanser with dry, disposable washcloths in a waterproof package — which doubles as a single-use basin. With HUBS, you get the benefits of a true bed bath and CHG treatment, all in one convenient solution. So you can keep your patients clean and happy, without the hassle.

A complete bathing solution — with persistent protection that cleanses better than wipes and lasts longer than soap?^{1,2} Yes, please.

¹ Kassakian SZ, Mermel LA, Jefferson JA, et al. Impact of Chlorhexidine Bathing on Hospital-Acquired Infections among General Medical Patients. Infection Control and Hospital Epidemiology 2011 March; 32(3): 238-243.

² Chapman, L., Hargett, L., Anderson, T., Galluzzo, J. and Zimand, P., 2021. Chlorhexidine Gluconate Bathing Program to Reduce Health Care-Associated Infections in Both Critically Ill and Non-Critically Ill Patients. Critical Care Nurse, 41(5), pp.e1-e8.



“Everything you need is there. **It has become very handy for providers,** because to me, we don’t need to go to the medical supply room and go shop.... I would say [I save] five to ten minutes in terms of the time.”

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Hibi®

EMBRACE A BETTER BATH. AND ALL THAT COMES WITH IT.

When you implement a CHG bathing protocol, you can leverage all the physical and psychological benefits of daily patient bathing — with the added value of lasting antiseptic protection. **That's the power of a better bath.**

See all the ways CHG enhances daily patient bathing.

**[https://connect2know.com/local/
pages/product-portal/hibiclens](https://connect2know.com/local/pages/product-portal/hibiclens)**

