

# ICan Project 2023

## Cuyuna Regional Medical Center- Care Center

### A Clean Start



Project members; Mary Dehning Activities Director, Kendall Nelson Billing, Jenny Pederson RN/Quality, Nicole Starry Ward Secretary, Suzanne Wlasiuk LPN, Haley Worley RN Unit Manager

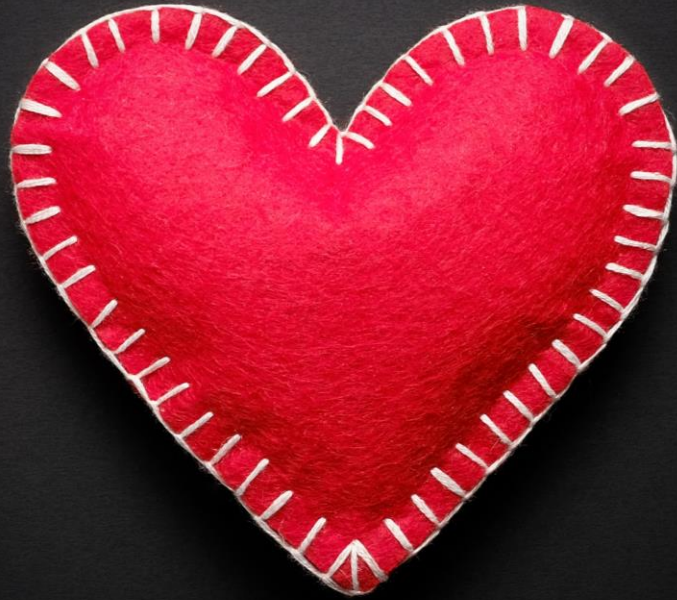
**Goal statement:** Our goal is to offer each Care Center admission a shower, bath, or bed bath within 24hrs of admission to help ease their transition to the Care Center by getting back into a daily living routine. We will offer this to 100% of new admissions, with a goal of 75% of the participants who accepted the shower/bath, answering yes to the two follow up questions over the course of 6 months to meet success for the project.

This would also provide the new admissions with the possible benefits of bathing for the elderly which may include feeling relaxed, calming the skin, boosting the immune system, increasing Serotonin and heart health.



## **ICan education for Care Center staff**

- ICan project is through LeadingAge of Mn. ICan projects are on a volunteer basis. The project will benefit the Care Center residents and reviewed by LeadingAge for possible recognition. The project then gets shared with other SNF (skilled nursing facilities) to help them implement the project into their facilities. The shower caddy that the Care Center implemented came from a past ICan project through LeadingAge.
- We had multiple suggestions for our project, we then voted and the shower/bath within 24hrs of admission to Care Center was chosen. We have evidence-based practice that the new admissions have gone multiple days or weeks without bathing when they admit to the Care Center. These individuals ask the Care Center when they can have a shower/bath. New admissions have missed a shower/bath for two weeks in error of bath book scheduling. The initial skin assessment is important and will give the team leader an opportunity to complete the initial skin assessment and set forth skin interventions as needed. The multiple health benefits of bathing for the elderly were also considered as a benefit. The na/r working the wing of the admission will be assigned the shower/bath based on staffing. Education will be presented in Safety Huddle weekly during Sept and in Sept Skills Fair for Care Center employees.



## Health benefits of bathing for the elderly:

- Benefits for bathing before bed: when bathing before bed, your temperature drops after the bath which signals your body to produce melatonin. Melatonin helps you sleep.
- Warm bath water can ease irritation when the skin is damaged or sore.
- Steam will help with cleaning sinuses and help your lungs breathe easier.
- The hot water kills bacteria which gives your immune system a boost.
- A warm bath increases the amount of Serotonin in your body. Serotonin is a chemical which is produced by the brain and is known for making us feel happy. It is the chemical which helps transmit messages between nerve cells. Serotonin is known as the happy hormone, as it helps stabilize the moods and regulate positive emotions of happiness and wellbeing. It is said to regulate anxiety and help prevent depression.
- Heart health: warm water makes your heartbeat faster, which gives your heart a little workout, similar to taking a relaxing walk. Taking regular baths is also linked to lower blood pressure, improved blood flow and better circulation.
- A warm bath will aid in circulation, helping loosen joints and muscles. The weightlessness of water may make it easier for small stretches.
- Resource: <https://bablesolutions.com/benefits-of-bathing-for-the-elderly>
- Showering can be a small habit to make big difference in your life, quote from [makemebetter.net](http://makemebetter.net)

## **Resident consent for participation:**

- We have an improvement project here at the Care Center. Offering all new admissions, a shower or bath (or bed bath) to assist you back into a routine, easing the transition into the Care Center and the possible health benefits that you may encounter.


\*\*\*Benefits of bathing will be available in admission packet for the admit to review.

- After your shower/bath, we will ask you two questions. No personal information will be shared. Only your yes/no answers will be shared to measure success of the project.

EXAMPLE: Here is an option I can offer: shower or bath tonight OR shower or bath tomorrow AM shift.

\*\*\*Nicole will check with Barb on staffing and consult with unit manager or Quality.

- MAR for 0700 or 1500 will be set up for Admission shower/bath and skin assessment.
- Floor staff will be alerted immediately if applicable that they have a shower/bath due or updated in report for the next day.
- Quality or designee will follow up with each admission and help delegate or complete the steps as needed.



**Questions to ask the resident after shower/bath, ideally within 1hr after, may be up to 24hrs after.**

1. Did having a shower or bath help with your transition to the Care Center? Y or N
2. Do you feel this was a positive experience?

Y or N

\*\*\* Admissions that are unable to participate with the questions r/t health conditions will be taken out of denominator. VS can be obtained to check for positive heart health benefits; lower Bp, lower Pulse or increase in oxygen Sats and tracked separately.



**Staff feedback:**

What areas of the ICan project are working well?

What positive aspects have you heard from the new admissions after the shower/bath?

What ideas do have to improve the current project?

\*\*\*Staff feedback questions will be asked individually of the floor staff that assisted with admission shower/bath or during Safety Huddle by any project member.



## Measuring Data

- Measuring numerator- will be the # of admissions that answered yes to the two follow up questions.
- Measuring denominator- will be the # of admissions that accepted the ICan project shower/bath.
- We will measure with each new admission as our census has been stable and new admissions are not a constant. Baseline timeframe will be 6 months to determine if we met our goal that a minimum of 75% of new admissions found a shower/bath within 24hrs of admission a positive experience.
- The committee members will meet weekly x4 once the project is implemented then monthly x5 then to be determined based on results. These follow up meetings will analyze the data and discuss possible adaptations to the project based on admission feedback and to gather and review floor staff feedback.
- Kendall will track data in Excel and keep the data current with each admission. Which will be reviewed during the committee's meetings.
- New admission shower checklist will be implemented into admission packet to include shower/bath/bed bath, VS, height, weight, would resident benefit from podiatry, does admission want to visit the beautician. This new checklist will obtain the two follow up questions to collect data to measure our success. The admission shower checklist will be turned into unit manager for review and follow up as needed on skin breakdown with the team leader and on beauty shop and podiatry consults. Unit manager will share the shower checklist with quality which quality will forward the follow up questions data to Kendall.



A circular splash of water, resembling a ring, is centered in the frame. The water is clear and shows dynamic movement with ripples and small droplets. The background is a solid, light blue color with a subtle bokeh effect of light spots.

Thank You!