

Showering Protocol

Procedure

1. Gather all supplies and equipment before entering the shower.
2. Ensure all catheter caps are secure before entering the shower.
3. Remove exit site dressing, dispose of dressing, and inspect the site for signs and symptoms of infection (see below).
 - ◆ If signs and symptoms of infection are present, **DO NOT USE SHOWER TECHNIQUE.** Use a covered or modified shower technique. Contact your hemodialysis clinician to notify them of possible infection
4. While in the shower, wash and rinse face, hair, and body using 1 face cloth. The catheter area should be cleaned last.
5. Use the second face cloth and soap to wash the area around the exit site.
6. Rinse thoroughly and exit shower.
7. Dry the catheter area first by gently patting with a dry towel.
8. Dry the rest of the body using a dry towel.
9. Apply a cleansing agent to the area nearest to the catheter and move in a circular pattern away from the catheter.
10. Clean the catheter from the exit site to hub a second time using the cleansing agent.
11. Allow area to dry.
12. If necessary, apply antibiotic ointment to the area.
13. Apply dressing.

Required Supplies

- 2 clean face cloths
- Clean towels
- Mild soap with pump dispenser
- Cleansing agent recommended by the dialysis unit (eg, chlorhexidine, povidone iodine)
- Dressing supplies

Signs of Skin Infection

- Redness
- Swelling
- Unusually warm skin
- Fever
- Fragile skin that bleeds easily
- Pus or other liquid oozing from skin
- Foul odor
- Increased pain or change in pain
- Cracked skin

Protocol adapted with permission from the Home Dialysis Interest Group, Toronto, Canada, document "Shower Technique for Hemodialysis Access".