

## GG0130E. Shower/Bathe Self

**E. Shower/bathe self:** The ability to bathe self, including washing, rinsing, and drying self (excludes washing of back and hair). Does not include transferring in/out of tub/shower.

### Assessment Timepoints

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**SOC/ROC:**

- SOC/ROC performance.
- Discharge goal.

**Discharge:**

- Discharge performance.

### Shower/Bathe Self Inclusions and Exclusions for Coding

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**Included:**

- Washing, rinsing, and drying the patient's:
  - Face.
  - Upper and lower body.
  - Perineal area.
  - Feet.

**Excluded:**

- Washing, rinsing, and drying the patient's back or hair.
- Transferring in/out of tub or shower.

### Coding Tips

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The assessment of shower/bathe self can take place in a shower, bath, at a sink, or in bed (i.e., full-body sponge bath). The activity can be completed independently with or without the use of devices.

## Activity Performance Codes

- 06 – Independent.
- 05 – Setup or clean-up assistance.
- 04 – Supervision or touching assistance.
- 03 – Partial/moderate assistance.
- 02 – Substantial/maximal assistance.
- 01 – Dependent.

## Coding Scenarios

Each row in the table below describes a shower/bathing scenario. In each scenario, statement 2 identifies key elements that inform the coding of **GG0130E. Shower/bathe self**. The correct code is provided at the end of each scenario.

### Coding Scenarios for GG0130E. Shower/Bathe Self

	Statement 1	Statement 2	Statement 3	Code
Scenario 1	Patient D. has cognitive deficits & prefers to bathe at the sink. They live with their spouse, Kim.	After Patient D. washes their face & arm, Kim cues Patient D. to wash & rinse the rest of their body. With these cues Patient D. completes the bath & dries their body.	After the bath, Kim assists Patient D. into the recliner in the living room.	Code 04
Scenario 2	Patient M. states they prefer to use the tub to bathe themselves, but due to their balance issues, their spouse, Pat, helps them transfer into the tub.	Patient M. washes their body & rinses themselves, but they fatigue & Pat helps Patient M. dry their body.	Pat helps Patient M. transfer out of the tub.	Code 03
Scenario 3	Patient E. is transferred onto a shower bench with partial/moderate assistance.	They wash their arms & chest, but then fatigue & cannot continue. The aide must help wash the remaining parts of Patient E.'s body, rinses & dries them.	With help from the Patient E.'s spouse, the aide transfers Patient E. from the shower bench to a wheelchair.	Code 02

## Additional Clinical Considerations

- Use clinical judgment to determine whether simulating the shower/bath allows the clinician to adequately assess the patient's ability to complete the activity of **GG0130E. Shower/bathe self**.
- Assistance for covering wounds or devices for water protection during bathing would be considered part of the setup or clean-up processes, assuming that no assistance with the water protection device/strategy was needed during the bathing process.