

## 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

#### Admission:

- Admission performance.
- Discharge goal.

#### Discharge:

- Discharge performance.



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

#### 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.

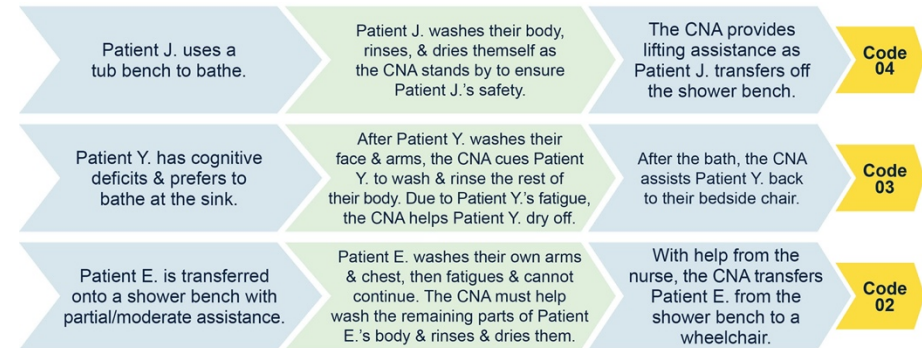
### Coding Tips

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 by the patient with or without the use of devices.

### Activity Performance Codes and Examples

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

Each series of arrows below describes a shower/bathing scenario. The green arrows in the second column identify key elements of each scenario that inform the coding of **GG0130E. Shower/bathe self**.



### Additional Clinical Considerations

- If the patient bathes themselves and only needs a helper to set up materials for bathing/showering, then code **05, Setup or clean-up assistance**.
- When the activity of shower/bathe self is not completed entirely during one clinical observation (e.g., a patient washes their body in the shower and washes their face at the sink), then code based on the type and amount of assistance required to complete the ENTIRE bathing activity.
- Use clinical judgment to determine whether completing a partial bath or simulating the shower/bath allows the clinician to adequately assess the patient's ability to complete the activity of **GG0130E. Shower/bathe self**.
- If a patient only requires assistance to cover wounds or devices for water protection during bathing, then code **05, Setup or clean-up assistance**.