GPA Bathing

Conscious • Humane • Comforting • Supportive

GPA Bathing Overview

Working together to enhance bathing care for persons with responsive behaviours/personal expressions.

- Complementary curriculum following GPA.
- Aligns with BSO-DOS©, PIECES™ and DementiAbility.
- Comprised of six eLearning units with resources featuring scenario-based vignettes. A 7th Integration Unit and GPA Certified Coach (CC)-facilitated session outline are in development.
- Applies GPA knowledge and skills in a bathing context using interactive elements.
- Introduces and integrates GPA Bathing GOALS Process and Tools in increasing complexity as series progresses.
- Developed through collaboration, following Theoretical Pluralism inherent in GPA.
- Piloted in three phases among three cohorts of Toronto Metropolitan University (TMU) Nursing students & Behavioural Supports Ontario (BSO) Staff, with positive outcomes.
  Phase 1, Units 1 – 3: 264 students & 23 staff (see results, right).
  Phase 2, Units 1 – 3: 349 students.
  Phase 3, Units 1 – 6 (ongoing evaluation).
  Learn more about GPA Bathing evaluations on our website.

Send inquiries about GPA Bathing content to michele@ageinc.ca

For more information on evaluations email victoria@ageinc.ca

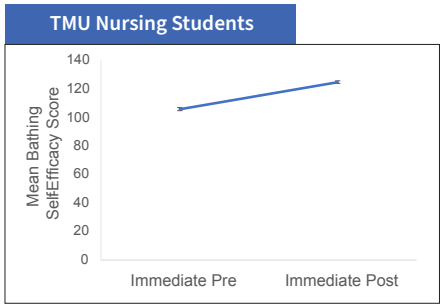
GPA Bathing Learning Objectives

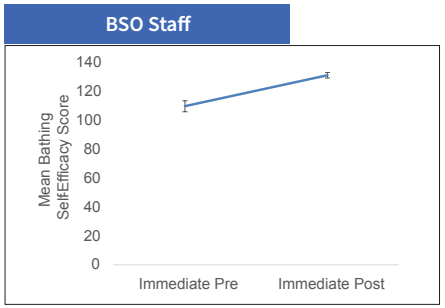
By the end of each eLearning unit, the learner will be able to:

- Identify how the process of bathing a person living with dementia requires a relationship of trust, respect and support between the person, family and team.
- Recognize the importance of being flexible in the provision of care.
- Apply individualized bathing preferences to avoid known contributing factors to responsive behaviours/ personal expressions.
- Use GPA competencies throughout the bathing process to prevent and reduce behavioural escalation.
- Develop a personalized Bathing Care Plan using the GPA Bathing GOALS process.

Quantitative Results: Improvement in Self-Efficacy Scores

- Total of 264 (Phase 1) TMU nursing students and 23 BSO staff completed the self-efficacy measure before and after completing GPA Bathing units.
- Significant improvement in bathing self-efficacy noted (p<.001 for all groups).





GPA Bathing eLearning Units

1. Foundations Unit

2. Shower Bath Unit

3. Tub Bath Unit

4. Bed Bath Unit

5. Spot Bath Unit

6. Team Spot Bath Unit

7. GPA Bathing Integration Unit

In development

GPA CC-Facilitated Session

Participant feedback is contributing to Unit 7 *(left)* and a GPA Certified Coach (CC)-facilitated session.

1. Foundations Unit
Foundations for Building a Personalized Bathing Care Plan: *Engaging Mrs. Fiona Morrison's Family.*

2. Shower Bath Unit
Applying a Personalized Bathing Care Plan: *Including Mr. Bernardo Silva's Family for Creative Approaches during a Shower Bath.*

3. Tub Bath Unit
Using an Individualized Approach: *Inviting Mrs. Maria Rossi for her Personalized Tub Bath.*

4. Bed Bath Unit
Using Competency-based Approaches: *Creating a Personalized Bed Bath Experience for Mr. Charles Orlov using a Towel Bath Technique.*

5. Spot Bath Unit
Adapting Continence Care: *Integrating Mrs. Beverly Smith's Strengths and Abilities.*

6. Team Spot Bath Unit
Collaborating for a shared plan in complex situations: *Using a Team-based Approach for Mr. Patrick Robert's care.*

7. Integration Unit + GPA Certified Coach-Facilitated Session
Creating Possibility: *Building a System of Collaboration for Personalized Bathing Care Plans.*

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(Images shown in Units 1 — 6 above are the opening images used in each GPA Bathing Unit.)