

May 2016

## Personal Hygiene and Grooming

**Date:**

**Instructor:**

**Description:** This inservice gives information on how to promote patients' safety and independence in Personal Hygiene and Grooming, and how to assist patients with bathing, dressing, and dental care.

**Objectives:**

On completion of this inservice, participants will be able to:

Describe how to assist and promote the patients' independence in performing Personal Hygiene and Grooming

List several safety precautions to take when bathing patients

Describe skin care assessment

Explain several ways to make dressing easier for patients

List the steps of proper dental care

**Outline:**

Personal Hygiene and Grooming

Quality of care goals of agency

Causes of deficits

Levels of assistance

Interventions

Deficits, Assessments, Goals, Safety, Interventions

Bathing

Dressing and Grooming

Hair Care

Hand Care

Dental Care

Personal Hygiene and Grooming Outline

## Personal Hygiene and Grooming

### Lesson Plan and Speaking Notes

#### Home Health Goals for Personal Hygiene and Grooming

Each patient must receive the necessary care and services to attain or maintain the highest practicable physical, mental, and psychosocial well-being.

The agency must assure that a patient's abilities in Personal Hygiene and Grooming do not diminish unless circumstances of the individual's clinical condition demonstrate that decline was unavoidable.

This includes the patient's ability to:

Bathe, dress, and groom / Transfer and ambulate / Toilet / Eat

#### Causes of Deficits in Personal Hygiene and Grooming

Cognitive Impairment

Weakness

Impaired vision

Impaired mobility

Lack of fine motor skills

Safety concerns

Lack of hygiene awareness

#### Assistance required may be:

Independent

Supervision

Set-up

Cueing

Breaking task into smaller segments

Needs assistance from the primary caregiver:

Once daily / Three or more times per week / One to two times per week / Less often than weekly

#### You should know each patient's most current plan of care.

The nursing assistant care sheet should match the patient's plan of care, and both of these should match what assistance the patient actually currently needs.

Look at these frequently, and whenever you see a discrepancy, inform the charge nurse.

## Interventions for Personal Hygiene and Grooming in General

Encourage patient to participate, and praise accomplishments

Assist only as necessary – encourage patient to do as much of task as he can

Organize and set-up to make task more manageable

Provide equipment within easy reach

Allow sufficient time

Break tasks down into manageable segments

Simplify steps, one at a time

Give choices, but limit choices (Not, "what do you want to eat?" Instead, "Do you want eggs or cereal for breakfast?")

## Bathing

### Deficit related to:

Inability to reach lower extremities, wash upper body

Inability to set up bath, regulate water flow and temperature

Able to bathe in shower or tub with the assistance of another person: (a) for intermittent supervision or encouragement or reminders, OR (b) to get in and out of the shower or tub, OR (c) for washing difficult to reach areas

Participates in bathing self in shower or tub, but requires presence of another person throughout the bath for assistance or supervision

Unable to use the shower or tub and is bathed in bed or bedside chair

Unable to effectively participate in bathing and is totally bathed by another person

### Goals:

Patient will wash upper extremities

Patient will wash face and hands

Patient safety will be maintained

What are some safety precautions you take when bathing patients?

### Interventions for Bathing:

Know patient's preferences: Tub or Shower, Bath Day and Shift

Respect dignity by maintaining privacy. Close curtains and doors. Make sure the patient is covered as much as possible

Make sure room temperature is comfortable and the bathroom is warmed up in advance

Prepare bathroom in advance with all supplies

Test water temperature before and during bathing

Patient may be afraid of water, so move slowly, use shallow water and/or bath seat, and maintain contact with patient

Let patient feel the water before shower or bath

Never leave a patient unattended in the bath or shower

Use prescribed assistive devices and safety equipment: bath benches, hand-held shower heads, bath bars, non-slip devices

Check skin for redness or breakdown, dryness, flaking, and lesions

Check eyes for redness and eyelashes for flaking – these can be signs of Blepharitis, a condition that is highly irritating

Dry patient's skin thoroughly – it's better to pat dry rather than rub

Apply lotion to dry skin

### Dressing and Grooming

#### Deficit related to:

Unable to make appropriate choices of attire

Impaired ability to put on / take off clothing

Unable to reach upper / lower extremities

Able to dress lower body without assistance if clothing and shoes are laid out or handed to the patient

Someone must help the patient put on undergarments, fasteners, slacks, socks or nylons, and shoes

Patient depends entirely upon another person to dress upper / lower body

Goals:

Patient will assist with dressing by raising arms/legs

Patient will demonstrate ability to dress upper body

What are some techniques you use to make dressing patients easier?

Interventions:

Limit the number of clothing choices

Lay items on the bed in the order that they should be put on

Keep only a few outfits in the closet at a time, and store away off-season clothing

Select easy-to-wear clothing: larger neck openings and front fastenings or no fastenings

Avoid tight-fitting clothes, zippers, hooks and eyes, buttons - Replace buttons with Velcro

Avoid "over the head" items to decrease anxiety

Use well-fitting slip-on shoes or shoes with Velcro fastenings

When putting on shoes, examine the feet for lesions, bunions, toenail problems

Front-opening bras are easier to manage than back-opening

Report to family and/or charge nurse garments that are torn, stained, or that do not fit

Hair Care

Many of our patients have regular appointments with a hairdresser. I can't stress to you how important this is to our patients. Know what the schedule is for the patient, and make sure she gets to her appointments. Know her preferences about hair care between her appointments.

Hair should always be clean and neat

Keep the patient's brush and comb clean

Report dandruff to the charge nurse

When doing hair grooming, check the patient's ears for wax build-up

All patients must be clean-shaved at all times

### **Hand Care**

Hand washing is just as important for patients as it is for staff members. Remind or assist the patient to wash hands after using the toilet and before eating.

Nails must be clean and trimmed at all times

### **How can you assist patients with dental care?**

#### **Dental Care**

Brush teeth or dentures after each meal and floss daily

Remove and clean dentures every night, and brush the person's gums and roof of the mouth

Provide short, simple instructions. "Brush your teeth" may be too difficult. Instead try: "hold your toothbrush," "put paste on the brush" and "brush your top teeth," etc.

Monitor for loose, missing, or carious teeth, poorly fitting or broken dentures

Monitor mouth, tongue, and gums for odor, redness, swelling, coating, sores, cracking, or fissures

Strained facial expressions during dinner or refusal to eat may indicate oral discomfort.

**Remember, we want to give each patient the assistance he needs, but encourage and support as much independence in Personal Hygiene and Grooming as possible.**

## Post-Test

<b>Title: Personal Hygiene and Grooming</b>
<b>Name:</b>
<b>Date:</b>
<b>1. It is inevitable that a patient's ability to perform hygiene and grooming will decrease.</b>
<b>True   False</b>
<b>2. List two safety precautions to take when bathing a patient.</b>
<b>3. Give two ways you can make it easier for a patient to put on clothes.</b>
<b>4. What are two things you should check for when assisting with dental care?</b>