

Personal Care Defined

Personal care is defined by bathing, oral care, and grooming.

Institutionalization : People are creatures of habit, sometimes we may become too comfortable with receiving care that we lose our independence. It is important to encourage patients to provide self-care for themselves when they are able to.

Why is Hygiene Important?

1. Safety: You are killing pathogens which may cause disease. Skin is particularly important to clean due to skin breakdown.

2. Comfort & Well-being: People find dignity through not only being presented as properly groomed, but their self perception is positively influenced by being clean.

Factors & Preferences of Self Care

Culture	Religion	Health
Energy	Knowledge	Developmental Level
Cognitive Ability	Physical Ability	Motivation

How Nurses Provide Personal Care

DIPPS: Dignity, Independence, Privacy, Preference, Safety

Knowledge: Cultural Practices, Therapeutic Communication, A&P (Clean to Dirty), Pathology, Nursing Process, Standard Precautions, Products Used

Skills: Assessment, Standard Precautions, Organization, Body Mechanics, Client Teaching, Documentation

Judgement: Client's Self-care Abilities, Appropriate Product Use, Bathing Techniques, Room Environment

Attitude: Care, Respect, Empathy, Confidence, Flexibility, Non-Judgmental

Assessments During Personal Care

Mucus Membranes	Lesions, Open Areas, Bleeding, Dryness, Fungal Infections
Skin	Acne, Rash, Dermatitis, Dryness, Open Areas, Discharge
Hair	Dandruff, Alopecia, Scalp
Nose	Oxygen, Dryness, Discharge
Ears	Excessive Wax Build-up, Hearing
Nails	Ingrown Nails, Fungal Nails
Feet	Calluses, Warts, Fungal Infections

Methods of Personal Care

*Shower	At Sink	*Over Toilet
Tub Bath	Total Bath	Partial Bath
Oral Care	Dressing	

- ◆ Shower: Not recommended for certain patients, hard to breathe
- ◆ Over Toilet: Be mindful of care provided over the toilet, it can be demeaning.

Bathing Products

Warm Water	Personal Soap
Barrier Cream Products	Basins
Disposable Wipes	Shampoo & Conditioner

- ◆ Patients will usually have their own basins or personal wipes for infection control.

Bed Bath

Preparation: Privacy, Turn Heat Up, Warm Water

Order to Wash: Eyes, Face & Neck, Arms, Chest, Legs, Back, Perineum

- ◆ Wash clean to dirty to prevent infection spread from dirty areas to clean areas.
- ◆ Take extra care to dry folds to prevent skin breakdown.

Oral Care

Assessment	Needs & Abilities prior to assistance, General Appearance, Odors, Pain, Mouth Structures,
Examine	Lips, Mucous Membrances, Gums, Tongue, Teeth, Odor, Dentures,
Types	Brushing Teeth & Gums, Flossing, Denture Care

- ◆ Oral care is provided BID (AM & PM) under normal circumstances.
- ◆ Before or after meals
- ◆ Q2H when client is: unconscious, unable to eat by mouth(NPO)
- ◆ Never put your fingers into an unconscious client's mouth, they may bite due to reflex.

Grooming

Accessories	Glasses, Contacts, Artificial Eyes, Hearing Aids, Medical Necklaces & Bracelets
Grooming	Brush Hair, Lotions, Makeup As Wanted

