

Hygiene

What is Hygiene?

1. Practices that promote health through personal cleanliness. People foster hygiene through activities such as bathing, performing oral care, cleaning and maintaining fingernails and toenails, and shampooing and grooming hair.
2. Hygiene also applies to the care and maintenance of devices such as eyeglasses and hearing aids to ensure continued and proper function.

What is bathing?

1. Hygiene practice in which a person uses a cleansing agent such as soap and water to remove sweat, oil, dirt, and microorganisms from the skin.
2. Bed Bath Means cleaning Patients Body from Head to toe, or Removing of dirt and Promoting Skin Care and Promote Personal hygiene

What are the purpose of bathing?

Eliminating body odor, reducing the potential for infection, Stimulating circulation of Skin, Providing a refreshed feeling, Improving self-image, to remove accumulated waste products and dirt from the skin, to observe and to detect abnormalities, to promote relaxation and comfort

NURSING GUIDELINES

17-1

Bathing Clients

- 1 Ask the client if he or she uses special soap, lotion, or other hygiene products. Determining the client's preferences individualizes care.
- 1 Wear gloves if there is any potential for direct contact with blood, drainage, or other body fluid. Gloves reduce the potential for acquiring an infection.
- 1 Keep the client covered during the bath. Covering the client demonstrates respect for modesty.
- 1 Wash cleaner areas of the body first and dirtier areas last. This reduces the spread of microorganisms.
- 1 Encourage the client to participate at whatever level is appropriate. Participation promotes independence and self-esteem.
- 1 Monitor the client's tolerance of activity. If activity becomes too strenuous, it should be discontinued and resumed later.
- 1 Inspect the body during washing for skin disorders (Table 17-3). Bathing provides an excellent opportunity for physical assessment.
- 1 Communicate with the client and use the occasion to do informal health teaching. Talking demonstrates respect for the client as a person rather than an object being washed; teaching promotes health.
- 1 Wash one part of the body at a time. Exposing only one part prevents chilling.
- 1 Place a towel under the part of the body being washed. A towel absorbs moisture.
- 1 Use firm but gentle strokes. Gentle strokes avoid friction that can damage the skin.
- 1 Wash and dry well between folds of skin. Effective washing removes debris and microorganisms from areas where they are apt to breed.
- 1 Keep the washcloth wet, but not so wet that it drips. This demonstrates concern for the client's comfort.
- 1 Wash more soiled areas, such as the anus, last. Doing so prevents transferring microorganisms to cleaner areas of the body.
- 1 Remove all soap residue. This prevents drying the skin and possible itching.
- 1 Dry the skin after it has been rinsed. Drying the skin prevents chilling.
- 1 Replace the water as it cools. Using warm water shows concern for the client's comfort.
- 1 Apply an emollient lotion to the skin after bathing. A lotion restores lubrication to the skin.

Study Guide Patient Care Personal Hygiene

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Study Guide Patient Care Personal Hygiene:

Study Guide for Fundamentals of Nursing Carol Lillis, Priscilla LeMone, Marilee LeBon, Pamela Lynn, 2010-11-01
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Study Guide for Lewis' Medical-Surgical Nursing - E-Book Mariann M. Harding, Collin Bowman-Woodall, Jeffrey Kwong, Dottie Roberts, Debra Hagler, Courtney Reinisch, 2019-08-21 Get a leg up in your medical surgical nursing class and on the NCLEX examination with this essential study guide Corresponding to the chapters in the 11th edition of Lewis market leading text Medical Surgical Nursing Assessment and Management of Clinical Problems this study guide offers a complete review of the important information in your Lewis text as well as a wide variety of purposeful exercises to help you apply your understanding of key nursing concepts Questions reflect the most current NCLEX test plan and include multiple choice prioritization delegation case studies and alternate item formats Plus answers for all exercises are included in the back of the book to give you immediate feedback on your understanding and make studying easier overall A wide variety of clinically relevant exercises and activities include NCLEX examination style alternate item questions multiple choice questions prioritization questions delegation and case studies Answers to all questions located in the back of the book provide you with immediate feedback and help make your study time more efficient overall Attractive four color design helps you better retain key information NEW Updated content reflects the information revisions in the new 11th edition of Lewis's Medical Surgical Nursing text

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Study Guide for Medical-Surgical Nursing - E-Book Sharon L. Lewis, Susan A. Sandstrom, Linda Bucher, Mariann M. Harding, Margaret M. Heitkemper, Jeffrey Kwong, Dottie Roberts, 2016-09-07 Prepare for success in the classroom Corresponding to the chapters in the 10th edition of Lewis market leading text Medical Surgical Nursing Assessment and Management of Clinical Problems this study guide

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Study Guide for Fundamentals of Nursing E-Book Barbara L. Yoost, Lynne R. Crawford, Patricia Castaldi, 2019-02-28 Coordinated chapter by chapter to the new second edition of Yoost and Crawford s Fundamentals of Nursing this engaging study tool encompasses a wealth of activities and features like case study questions study group challenges self review questions and more to keep your learning interactive meaningful and fun For chapters that include skills detailed and interactive skills checklists will be provided on the Fundamentals of Nursing Evolve website Answers to all questions will be included in the back of the study guide to help you assess your learning Chapter review questions include multiple choice matching true false completion image labelling and more Answers and detailed rationales are included at the end of the study guide Skills performance checklists located on the Evolve website in both interactive and printable formats have been updated to match the latest versions of skills NEW Updated content matches the updates in the new Fundamentals of Nursing 2nd Edition NEW Open ended self review questions include activities and guidance to help you make your study group time productive and fun NEW Preliminary readings refer you back to the relevant chapter in the main text

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With chapters corresponding to the chapters in Linton and Matteson's Medical Surgical Practical Nursing in Canada this study guide provides a variety of questions and exercises to help you master the PN's role in Canadian medical surgical care. Review exercises include fun activities, multiple choice questions, alternate format questions, and more, all divided by level of difficulty. In the chapters on medical conditions, practical questions help you apply your knowledge directly to real world patient care. This study guide provides the review and practice you need to prepare for the REx PN or CPNRE licensure exams. Comprehensive review reflects the latest Canadian Council for Practical Nurse Regulators (CCPNR) national PN competencies including Ontario and British Columbia. Variety of exercises reinforces learning with matching, multiple choice, multiple response, labelling, diagram reading, fill in the blank, questions, case studies, and more. Consistent format in each chapter.

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Health Occupations Education Instructional Materials, Ohio State University, Center for Vocational and Technical Education, 1972

Pediatric Nursing Exam Prep Study Guide, Springer Publishing Company, 2023-03-15

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Fundamentals of Nursing Care, Marti A. Burton, Linda J. May

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Fundamentals of Nursing - E-Book Patricia A. Potter,Anne G. Perry,Patricia A. Stockert,Amy Hall,2021-12-22 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Fundamentals Learn the concepts and skills and develop the clinical judgment you need to provide excellent nursing care Fundamentals of Nursing 11th Edition prepares you to succeed as a nurse by providing a solid foundation in critical thinking clinical judgment nursing theory evidence based practice and patient centered care in all settings With illustrated step by step guidelines this book makes it easy to learn important skills and procedures Care plans are presented within a nursing process framework that is coordinated with clinical judgement and case studies show how to apply concepts to nursing practice From an expert author team led by Patricia Potter and Anne Perry this bestselling nursing textbook helps you develop the understanding and clinical judgment you need to succeed in the classroom and in your career **Resources in Education** ,1989-04 **Media for Nursing and Patient Care** ,1987 **Study Guide for Maternal Child Nursing Care - E-Book** Shannon E. Perry,Marilyn J.

Hockenberry,Deitra Leonard Lowdermilk,David Wilson,2014-03-12 Master content from the textbook with this helpful study tool Designed to accompany Perry s Maternal Child Nursing Care 4th Edition this workbook will assist students in understanding and applying material from each chapter in the text

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