

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

Jiyuan Zhang



Study Guide Patient Care Personal Hygiene:

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