

## Physical Hygiene

- Functions of the Skin
- Purposes of Bathing
  - Cleanliness
  - Maintain warm and dry skin
  - Maintain sufficient moisture
  - To prevent cracking or peeling
  - To main skin's turgor (skin's elasticity)
    - Diminished by edema or dehydration
  - Maintain intact skin without abrasions
- Patient's at Risk for Skin Problems
  - Immobilize patients
  - Reduced sensations
  - Decreased circulation – PVD
  - Poor nutrition
  - Poor hydration
  - Excessive secretions or excretions
  - External devices – e.g. casts, restraints or tubes e.g. NGT
  - Psychological disorders e.g. dementia, Schizophrenia
- Oral Care
  - Mucous membranes - warm, moist and pink without lesions
  - Teeth should be intact
  - Gums should be pink and intact
  - Ideal place for MO to grow
  - May become infected with thrush (Candida albicans)
  - Ill or elderly patients
- Purposes of Oral Care
  - Maintain normal flora and prevent infection
  - Maintain moisture mucous membranes
  - Maintain intact gums and lips
  - Maintain patent airway
  - Maintains pleasant breath
- Hair Care
  - Hair should be intact and clean, free of excessive oils or odor
  - Brush or comb daily or prn
  - Wash in hospitalized pt as needed
  - Free of infection or infestation - lice
- Nail Care
  - Nails should be firm and appropriate length
  - Nail clipping is not routinely performed by nursing staff in the acute care setting
  - A physician's order may be needed in many hospitals
  - Long term care
    - Many residents are referred to podiatrist
- Foot Care
  - Prevent odor
  - Prevent infection
  - Prevent drying and cracking
  - Promote circulation
- Hygiene and Seven Basic Needs
  - Affiliative need
  - Sexual
  - Activity and Rest
  - O<sub>2</sub>CO<sub>2</sub>

- Excretory
- Ingestive
- Physical Hygiene Practices
  - Personal issue
  - Religion
  - Environment/Socioeconomic status
  - Developmental level
  - Health and energy
  - Personal preferences vary between individuals
  - Body Image
- North America
  - Usually shower or bath at least once a day
  - Oral care twice daily
  - Hair wash – daily?
  - Skin care – lotions
  - Deodorants, douches
  - Nail care
  - Perfumes/Colognes
- Other Practices
  - Nurse needs to respect patient’s culture
  - Post Partum Practices
    - For Navajo women – 4th post partum day
    - Hispanic – 2 weeks
    - Orthodox Jewish women – 7th pp day
    - Iranian – ritual bath after stop bleeding
    - Jewish women must take a ritual bath after their periods – mikveh
  - Japanese
- Hygiene in the Older Adult
  - Aging skin
  - More fragile/Dry
  - Less perspiration
  - Physically frail
  - Access to tub or shower
  - May not be able to reach all parts of the body
- Complete Bed Bath
  - Clients may be totally dependent
  - Encourage pt to do what they can
  - Nurse washes entire body of client
  - Allows nurse access to entire body
  - RN Assessment
  - Takes time – may be fatiguing for client
  - Use bath blanket to keep pt warm and preserve modesty
- Partial Bath
  - Given for areas that are soiled or areas that perspire i.e. face, hands, axilla, perineal area, back
- Bag Bath
- Tub or Shower
  - More thorough
  - Safety is major concern
  - Provide privacy
  - Maintain warmth
  - Promote independence
  - Anticipate needs
  - Bath Chair

- Factors Affecting Type of Bath given
  - Condition of patient
  - Safety concerns
  - Cognitive function
  - Physician's orders
  - Presence of external devices
  - May need to cover IV or cast
  
- General Guidelines
  - Provide for privacy
  - Presence of pain and need for intervention for pain
  - Need for gloves
  - Assess condition of the skin/ROM
  - Maintain safety
  - Promote independence
  - Monitor pt fatigue
- Frequency of Bathing
  - AM Care
    - Elimination needs, wash hands and face, oral care, straighten bed
  - Complete am care
  - HS care – may include backrub
    - Goal is relaxation
- Bathing a patient with Dementia
  - Find out what works for pt
  - Be flexible
    - Environment
  - Quiet/Warm
  - Same routine/staff if possible
  - Use distractions
  - Keep pt covered
- Oral Care
  - Frequency
    - When pt awakens, after each meal and at HS
  - Toothettes available for sensitive gums
  - Brushing
  - Flossing
  
  - Dentures, Bridges and Braces
    - Keep in place if possible
    - Keeps gums in shape
    - Promotes feeling of well being
    - Aids in chewing and speech
    - Easily lost or broken
  - Bridge is a partial denture
  - Braces
    - Need careful cleaning
    - Care if wires become loose or broken from trauma
- Stomatitis
  - Causes
    - Medication e.g. chemotherapy, radiation
    - Intubation
    - Infection
  - Care
    - Gentle brushing

- Saline rinses – avoid commercial mouth washes
- Oral Care Methods
  - Commercial mouth wash
  - Hydrogen peroxide
  - Avoid lemon glycerin swabs → causes drying → makes pt thirsty
    - Contains sugar → dental caries
  - Saline may used as alternative to H<sub>2</sub>O<sub>2</sub>
  - Use Vaseline or petroleum jelly for dry lips
  - Ice chips if approved by MD and safe for pt
- Modification to oral hygiene for ↓ LOC
  - How often?
  - Assess gag reflex
  - Protect from aspiration – how?
  - Use toothette if necessary
  - Have suction available
  - Lubricate lips with water soluble jelly
  - Sordes – dried crusts containing mucus, MO and epithelial cells
- Prosthetic Devices
  - Glasses
  - Contact lenses
  - Hearing aid care
  - Artificial limbs
- Perineal Care
  - May be embarrassing for pt and staff
  - How will you cope?
  - Erection – what would you do?
  - Purpose
    - Prevent irritation, infection, discomfort, odor
    - Promote healing after surgery and vaginal delivery
    - Reduce the risk of infection from indwelling catheter
- Objectives 12, 13, 14
  - Relationship between clean linen and integrity
  - Lotion application versus lotion massage
  - Anatomical structures with cannot be massaged?
- TED hose (Thromboembolic device)
  - Firm elastic stockings
  - Purpose?
  - Stockings should be removed once every shift
  - Toes are usually not covered – why?
  - Assess skin integrity and circulation before applying
  - Measure thigh and leg to determine correct size
- Sequential Compression Devices
  - Consist of extremity sleeve with tubes
  - Connected to pump
  - Assess skin integrity and circulation before and after applying
  - Adjust alarms and pressure as needed (around 35 to 55 mmHg or per manufacturer).
- Erotic Stimuli and Response
  - Erection is natural response
  - Nurse should dress and behave professionally
  - Matter of fact
  - How will you respond in this situation?