Personal Care

As a result of participating in this segment of training, learners will be able to:

1. Demonstrate ethical behavior in providing personal care in regards to respect, physical and emotional well-being, confidentiality, responsibility, self-determination, and right of refusal
2. Prioritize at least 3 key facts related to supporting individuals with personal care tasks in the areas of, hand-washing, daily care- grooming, dressing, hair care, shaving, foot and toe nail care, fingernail care, toileting hygiene and incontinence care, bathing guidelines, oral hygiene, skin care and integrity- pressure sores, and use of sunscreen
3. Demonstrate best practice for teaching teeth brushing, flossing, and rinsing or denture care
4. Rationalize the purpose for establishing protocols for removal of body hair with disposable razors, electric razors, tweezers, depilatories, waxing, scissors, and professional services
5. Identify best tools and practices for fingernail and toenail hygiene
6. Explain the importance of having a process for checking bathing water temperature
7. Defend the rights of people to use professional salon services for haircuts, permanents, coloring, etc.
8. Infer 5 or more conditions that contribute to pressure ulcers IE: skin tears, dehydration, lack of movement, poor circulation, certain medications, diabetes, paralysis and lack of feeling
9. List at least 4 proactive steps to prevent skin ulcers and maintain skin integrity
10. Explain where pressure points are, what to watch for when monitoring for pressure sores, and to whom concerns are reported
11. Discuss bathing protocols to encourage individuals to wash themselves as much as is possible, including learning to use assistive devices that promote independence
12. Offer methods to provide safety for people who could have a seizure while bathing or collapse into bath water
13. Dramatize respectful and understandable language when providing assistance with bowel and bladder routines and assisting in the changing of soiled briefs
14. Correlate how food and liquid intake results in bowel and bladder functioning
15. Explain the need for toileting routines including documenting if appropriate, and following protocols if routines are not met
16. Discuss proper wiping techniques and the hand washing that follows
17. Acknowledge some women will need assistance with menses care but likely it will be female DSPs supporting women while male DSPs will more likely be supporting men when possible
18. Dramatize 4 important steps in effective lifting and/or transferring

Chapter 12

Ideas for Assisting With Limitations

Mobility, Lifting and Transferring

Make a list of 4 things that would be most important to you if you had to rely on someone else to move you around.

1. _____

2. _____

3. _____

4. _____

My Notes

Transfer Assistance Activity

- ✓ Lock the wheels of the wheelchair
- ✓ Tell the person what you are doing
- ✓ Bend with your knees
- ✓ Use a gait belt
- ✓ Have the person assist as much as they are able
- ✓ Put your knee between their knees
- ✓ Turn your feet and body toward the person
- ✓ Adjust your stance as they stand to provide support
- ✓ Take small steps & pivot to avoid twisting

HAND WASHING

Frequent, thorough hand washing is crucial. It is a fact that more germs are spread through hands and fingers than anything else.

Procedure:

Make sure you have everything you need at the sink (liquid soap, paper towels, trash can).

Using warm water and soap, wash hands and wrists by rubbing palms together and lathering to produce friction.

Scrub between fingers & entire surface of hands & wrists.

Rinse hands and wrists, while pointing fingers down.

Dry hands with a clean towel. Do not shake hands or touch the sink with your clean hands.

Use a clean, dry paper towel or your elbow to turn off the faucet.

Wash hands before: putting gloves on using cooking utensils, assisting with medication, blowing your nose, and touching someone with open sores.
Wash hands after: taking gloves off, sneezing, coughing or blowing your nose, using the bathroom, assisting with soiled linens or bodily fluid.

DAILY CARE

Providing support for daily hygiene tasks, as well as helping to create and/or sustain healthy daily habits is extremely important to supporting an individual's quality of life. Success in this important role provides support for all six of the service guidelines.

Daily Tasks:

- Daily bath or shower
- Teeth are brushed and flossed daily
- Ears cleaned daily
- Deodorant is applied
- Clothing is seasonal, neat, clean and stylish (according to individual preference)
- Hair is brushed, clean, neat, and styled according to the individual's preference (professional styling would also occur on a regular basis)
- Men's faces are shaved or well-trimmed
- Women's menses needs are attended to properly
- Ensure people are wearing sunscreen (re-apply every 2 hours)
- Following routines & providing concise documentation to illustrate potential problems

BATHING

Assisting with bathing can be a very sensitive personal care activity for both the individual receiving services as well as the DSP assisting. It is especially important that you go to great lengths to be respectful, help the individual you support to feel safe and at ease, and to provide the greatest amount of privacy possible.

Bathing Tips:

- Always wear gloves
- Wash and dry gently, even more so under skin folds and in other sensitive areas
- Start from top to bottom, work from front to back
- Rinse well and pat dry rather than rubbing
- Take the opportunity to observe the condition of skin & check for skin tears, pressure sores, etc.
- Follow agency policy to ensure bath or shower temp is safe
- Be familiar with seizure protocols- drowning can occur in 2 inches of water
- Speak to the individual as you assist, informing them of what you're doing during each step *before* each step

ORAL HYGIENE

You may oversee or provide the mouth care (oral hygiene) for individuals who have different kinds of special needs. *Prevention is the #1 priority.* Maintaining dental health means the person can avoid cavities, gum infections, pain, and tooth loss. Dental health also helps us to be able to chew with ease and enjoy a wide variety of foods and feel good about the way he or she looks.

Oral Care Tips:

- Avoid too much paste when brushing or too much fluid when using mouthwash
- Encourage/ assist with brushing after meals and before bed
- Encourage/ assist with flossing daily
- Oral care is important even if the person doesn't eat or drink
- Always wear gloves
- If assisting with dentures, be certain to gently remove them and brush on all surfaces. After brushing, rinse them well in cool water and place in a clean denture cup with solution and water

FOOT CARE

Foot care is especially important to prevent germs and fungus from growing. Athlete's foot, a fungus that causes inflammation, cracking, and peeling of the skin between the toes, can also infect the toenails, and is of particular concern. If it appears, it must be dealt with immediately with the help of a professional. Individuals with diabetes may have to have their foot care done by a professional.

Foot Care Tips:

- Ensure shoes fit correctly and provide good support
- To avoid odor wear clean socks and if needed, use foot spray
- Don't walk barefoot in public showers
- Watch for plantar warts, ingrown toenails, corns, or athlete's foot
- Immediately report to a supervisor if fungus is noticed.
- People with diabetes must see a podiatrist.
- Always wear gloves

NAIL CARE

Clean and trimmed fingernails are important for health and well-being. As is true with all personal care tasks, encourage and instruct in self-care when appropriate and assist as needed.

Nail Care Tips:

- Ensure finger nails are cleaned daily and trimmed weekly
- Never share nail care items
- When requested, assist with scheduling professional care services such as haircuts, manicures and pedicures.
- Ensure proper nail care tools are purchased and kept clean (clippers, file, nail brush, etc.)
- Work with your team to provide alternatives to nail biting
- Allow fingers to soak in water prior to clipping or buffing
- Use a file and/or nail buffer instead of clippers when needed

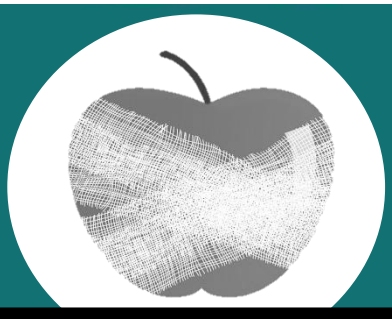
ASSISTING WITH ELIMINATIONS

Toileting is a very private matter. A reassuring attitude from you can help lessen feelings of embarrassment for the individual. Some of the tasks you may be assisting with include:

- Cueing and reminding
- Assisting the individual to and from the bathroom
- Assisting the individual transfer on and off and use the toilet or assistive equipment
- Undoing an individual's clothing, pulling down clothing, and refastening clothing
- Pericare
- Emptying the bedpan, urinal, or commode into the toilet
- Assisting with pads, briefs, or moisture barrier cream

Here are some important tips when assisting with toileting needs:

- Always wear gloves
- Encourage/assist with hand washing when completed
- Enclose used brief in a plastic bag and discard in outside trash to help keep bathrooms pleasant
- Quietly, politely, and with a verbal acknowledgment, check briefs hourly
- Change wet or soiled clothing and bedding immediately
- Wipe from front to back and clean thoroughly to avoid rashes or infections
- Check on those using the commode every 5 min. After 10 min. suggest trying again later
- Ensuring adequate fiber and liquid intake promotes healthy eliminations
- Following routines & concise documentation illustrate potential problems



PRESSURE SORES

Skin breakdown is a serious and constant concern for individuals who use wheelchairs and/or who do not change positions. Pressure sores are skin breakdown over bony spots such as tailbone and hips. Individuals who use wheelchairs and/or people with mobility challenges are at high risk for skin breakdown. Reference your agency policies or protocols for individuals who are at risk.

Understanding Skin breakdowns:

- Some skin problems are very serious. Others are uncomfortable but can grow more serious over time.
- Athlete's foot (*tinea pedia*) and jock itch (*tinea cruris*) are very common fungal infections that can cause skin breakdown. Like bacteria, fungi grow best in warm, moist areas of the skin, such as between the toes or in the groin.

Ways to prevent skin breakdown:

- Frequently moving and/or changing positions
- Keeping the skin dry and clean
- Fungus problems can be prevented by thorough drying of skin; wearing sandals or shoes that breathe; wearing cotton underclothes and socks; and using talcum powder.
- Some skin problems can be prevented or at least minimized through diet, proper clothing, and other actions.
- Assisting with drying sensitive areas such as groin, toes and under skin flaps
- Some skin problems may be spread by contact, so remember to use hand washing and other infection control techniques.

What to do if skin breakdown occurs:

- Make sure the individual is examined by a health care professional immediately.
- Always seek advice and treatment from the individual's health care professional when new problems arise or the existing problem continues