



มหาวิทยาลัยราชภัฏนครปฐม



Fundamental Nursing Practicum

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CHAPTER 3

NURSING PRACTICES FOR PERSONAL HYGIENE AND ENVIRONMENT CARE



Objectives

Describe the nursing interventions that promote client's personal hygiene and environment care



Perineal and Genital Care



Perineal care is done daily during the bath. It is also done when the area is soiled with urine or feces. Perineal care is very important for persons who:

- Have urinary catheters.
- Have had rectal or genital surgery.
- Are menstruating.
- Are incontinent of urine or feces.



(Sue C. Delaune, Patricia, 2011; Ernstmeyer & Christma, 2021)

Perineal and Genital Care



EQUIPMENT

- Personal protective equipment (gloves, gown)
- Toilet paper/washcloths
- Waterproof pads
- Cleansing solution if needed
- Perineal wash bottle (fill with plain, warm water)
- Water receptacle
- Dry towels
- Perineal treatment (i.e., ointment or lotions) if necessary
- Linen receptacle



Perineal and Genital Care

1

Wash hands/hand hygiene, and wear gloves. Gather equipment. If appropriate and splashing is likely, wear gown, mask, and goggles.

2

Close privacy curtain or door.



3

Position client.



4

Place waterproof pads under the client in the bed or under bedpan if used.

Perineal and Genital Care

5

Remove fecal debris with disposable paper, and dispose in toilet.

6

Spray perineum with washing solution if indicated.



7

Cleanse perineum with wet washcloths changing to clean area on washcloth with each wipe. Cleanse the penis on the male.



8

Carefully examine gluteal folds and scrotal folds for debris. Gently examine vulva for debris.



Perineal and Genital Care



9

If soap is used, spray area with clean water from the peri-bottle.



10

Dry perineum carefully with towel.



11

Change gloves.

12

Turn to the side and clean the buttock





Perineal and Genital Care

1 3

Reposition or dress client as appropriate

1 4

Clean the equipment and replace it in its proper location.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>

Mouth care



The purpose of Oral hygiene (mouth care):

- Keeps the mouth and teeth clean.
- Prevents mouth odors and infections.
- Increases comfort.
- Makes food taste better.
- Reduces the risk of cavities (dental caries) and periodontal disease (gum disease or pyorrhea).



(Sue C. Delaune, Patricia, 2011; Ernstmeyer & Christma, 2021)

Mouth care



EQUIPMENT

DENTURE CARE

- Toothbrush
- Denture brush
- Denture cleaner
- Emesis basin
- Towel
- Cup of water
- Nonsterile gloves
- Tissue
- Denture cup

SPECIAL CARE ITEMS FOR CLIENTS WITH IMPAIRED PHYSICAL MOBILITY OR WHO ARE UNCONSCIOUS

- Soft toothbrush or toothette
- Tongue blade
- 3 gauze sponges
- Cotton-tip applicators
- Prescribed solution
- Plastic Asepto syringe
- Suction machine and catheter



(Sue C. Delaune, Patricia, 2011; Ernstmeyer & Christma, 2021)



Mouth care

1

Use a mouth sponge to remove excess saliva or food particles from the oral cavity. If dried, moisten with a mouth sponge before removing with the forceps as required.

2

Use a soft toothbrush with a small head and a pea-sized amount of toothpaste to brush teeth and remove plaque

3

Apply a small amount of saliva moisturizing agent after mouth care, as required.

4

If lips are dry or cracked, apply Vaseline / Soft Paraffin as required.



From Mosby's Textbook for Nursing Assistants.
<https://navs.npc.edu/nursingassistantvideoskills/index.html?sectionId=3>

Changing Linens



Closed beds are made for:

- New patients and residents.

The bed is made after the bed frame and mattress are cleaned and disinfected.

Clean linens are needed for the entire bed.

- Persons who are up for most or all of the day. Top linens are folded back at bedtime. Clean linens are used as needed.



From Mosby's Textbook for Nursing Assistants.
<https://navs.npc.edu/nursingassistantvideoskills/index.html?sectionId=3>

Changing Linens



Equipment

Roll cursor over items to see labels. For the purposes of clearly depicting the equipment, a barrier is not shown in this photo. When providing care, a barrier should always be placed on the surface before placing the equipment.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>

Changing Linens in an Unoccupied Bed

1

Wash hands/hand hygiene.

2

**Place hamper by client's door if
linen bags are not available.
Explain procedure
to client. Assess condition of
blanket and/or bedspread.**



3

Apply gloves.

4

**Gather linens and gloves.
Place linens on a clean, dry
surface in reverse order of
usage at the client's bedside
(pillowcases, top sheet,
drawsheet, bottom sheet).**



Changing Linens in an Unoccupied Bed

5

Inquire about the client's toileting needs and attend as necessary.

6

Assist client to a safe, comfortable chair.



7

Position bed flat, side rails down, and height adjusted to waist level.

8

Remove and fold blanket and/or bedspread. If clean and reusable, place on clean work area.



Changing Linens in an Unoccupied Bed

9

Remove soiled pillowcases by grasping the closed end with one hand and slipping the pillow out with the other. Place the soiled cases on top of the soiled sheet, and place the pillows on clean work area.

10

Remove soiled linens: Start on the side of the bed closest to you; free the bottom sheet and mattress pad by lifting the mattress and rolling soiled linens to the middle of the bed. Go to the other side of the bed. Repeat action.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>

Changing Linens in an Unoccupied Bed



From. The Arizona Medical Training Institute. <http://www.azmti.com/>

1 1

Fold (do not fan or flap) soiled linens: head of bed to middle, foot of bed to middle. Place in linen bag or hamper, keeping soiled linens away from uniform.



1 2

Check mattress. If mattress is soiled, clean it with an antiseptic solution and dry it thoroughly..



Changing Linens in an Unoccupied Bed

1 3

Remove gloves, wash hands, and apply a second pair of clean gloves (when appropriate).

1 4

Open the cleanmattress pad lengthwise onto the bed with the seamed side of the sheet toward the mattress. Unfold half of the pad's width to the center crease, and smooth the pad flat.

1 5

Proceed with placing the bottom sheet onto the mattress. Linens differ from facility to facility. Bottom sheets may be fitted or they may be flat. Proceed to the appropriate action for the linens available.



Changing Linens in an Unoccupied Bed

1 6

Position yourself diagonally toward the head of the bed..

1 7

Start at the head with seamed side of the fitted sheet toward the mattress.

1 8

Lift the mattress corner with your hand closest to the bed; with your other hand, pull and tuck the fitted sheet over the mattress corner..

1 9

Pull and tuck the fitted sheet over the mattress corners at the foot of the bed.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>



Changing Linens in an Unoccupied Bed

2 0

Unfold the bottom sheet with the seamed side toward the mattress. Align the bottom edge of the sheet with the edge of the mattress at the foot of the bed..

2 2

Position yourself diagonally toward the head of the bed. Lift the top of the mattress corner with the hand closest to the bed, and smoothly tuck the sheet under the mattress.

2 1

Allow the sheet to hang 10 inches (25 cm) over the mattress on the side and at the top of the bed.

2 3

Miter the corner at the head of the bed using the information in the steps that follow.



Changing Linens in an Unoccupied Bed

2 4

Face the side of bed and lift and lay the top edge of the sheet onto the bed to form a triangular fold.



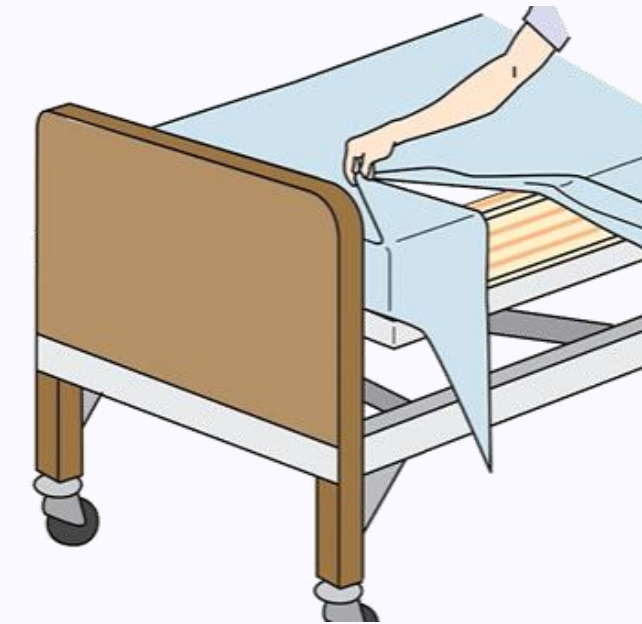
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2 6

Grasp the triangular fold, and bring it down over the side of the mattress. Allow the sheet to hang free at the side of the mattress.

2 5

With your palms down, tuck the lower edge of sheet (hanging free at the side of the mattress) under the mattress.



2 7

Place the drawsheet on the bottom sheet, and unfold it to the middle crease.



Changing Linens in an Unoccupied Bed

2 8

Face the side of the bed, palms of hands down. Tuck both the bottom and drawsheets under the mattress. Ensure that the bottom sheet is tucked smoothly under the mattress all the way to the foot of the bed.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>

2 9

Go to the other side of the bed, unfold the bottom sheet, and repeat the actions used to apply the mattress pad and bottom sheet.



Changing Linens in an Unoccupied Bed

3 0

Unfold the drawsheet, if used, and grasp the free-hanging sides of both the bottom and drawsheets. Pull toward you, keeping your back straight, and with a firm grasp (sheets taut) tuck both sheets under the mattress. Use your arms and open palms to extend the linen under the mattress..

3 1

Place the top sheet on the bed and unfold lengthwise, placing the center crease (width) of the sheet in the middle of the bed. Place the top edge of the sheet (seam up) even with the top of the mattress at the head of the bed. Pull the remaining length toward the bottom of the bed.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>



Changing Linens in an Unoccupied Bed

3 2

Unfold and apply the blanket or spread. Follow the same technique used in applying the top sheet

3 4

Face the head of the bed and fold the top sheet and blanket over 6 inches (15 cm). Fanfold the sheet and blanket.



From. The Arizona Medical Training Institute. <http://www.azmti.com/>

3 3

Miter the bottom corners. With your palms down, tuck the lower edge of the sheet under the mattress. Grasp the triangular fold and bring it down over the side of the mattress.

Allow the sheet to hang free at the side of the mattress

3 5

Apply a clean pillowcase on each pillow. With one hand, grasp the closed end of the pillowcase.



Changing Linens in an Occupied Bed



1

. Explain procedure to client. Gather equipment.

2

Wash hands/hand hygiene.

3

Bring equipment to the bedside

4

**Remove top sheet and blanket.
Loosen bottom sheet at foot and
sides of bed. Lower side rail
nearest the nurse, if necessary, for
access. Client may be covered
with a bath blanket.**



Changing Linens in an Occupied Bed

5

. Position client on side, facing away from you. Reposition pillow under head.

6

. Fanfold or roll bottom linens close to client toward the center of the bed.

7

. Smooth wrinkles out of mattress. Place clean bottom linens with the center fold nearest the client. Fanfold or roll clean bottom linens nearest client and tuck under soiled linens.

8

. Miter bottomsheet at head of bed, then at foot of bed. To miter, lift the mattress and tuck the sheet over the edge of the mattress, lift edge of sheet that is hanging to form a triangle, and lay upper part of sheet back onto bed; tuck the lower hanging section under the mattress.





Changing Linens in an Occupied Bed

9

Fold the drawsheet in half. Identify the center of the drawsheet, and place it close to the client. Fanfold or roll drawsheet closest to client and tuck under soiled linens. Smooth linen. Add protective padding if needed. Tuck drawsheet under mattress, working from the center to the edges. Drawsheet should be positioned under the lower back and buttocks.

10

Logroll client over onto side facing you. Raise side rail.

11

Move to other side of bed. Remove soiled linens by rolling into a bundle, and place in linen hamper without touching uniform.

12

Unfold/unroll bottom sheet, then drawsheet.





Changing Linens in an Occupied Bed

13

Place top sheet over client with center of sheet in middle of bed. Unfold top of sheet over client. Remove bath blankets left on client to prevent exposure during bed making. Place top blanket over client, same as the top sheet.

14

Raise foot of mattress and tuck the corner of the top sheet and blanket under. Miter the corner. Repeat with other side of mattress. Bend the knees and not the back for proper mechanics.





Changing Linens in an Occupied Bed

15

. Grasp top sheet and blanket over client's toes and pull upward, then make a small fanfold in the sheet.





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