Physical Hygiene

- Functions of the Skin
- Purposes of Bathing
  - Cleanliness
  - Maintain warm and dry skin
  - Maintain sufficient moisture
  - To prevent cracking or peeling
  - To maintain 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
  - O2CO2
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
  o Condition of patient
  o Safety concerns
  o Cognitive function
  o Physician’s orders
  o Presence of external devices
  o May need to cover IV or cast

• General Guidelines
  o Provide for privacy
  o Presence of pain and need for intervention for pain
  o Need for gloves
  o Assess condition of the skin/ROM
  o Maintain safety
  o Promote independence
  o Monitor pt fatigue

• Frequency of Bathing
  o AM Care
    ▪ Elimination needs, wash hands and face, oral care, straighten bed
  o Complete am care
  o HS care – may include backrub
    ▪ Goal is relaxation

• Bathing a patient with Dementia
  o Find out what works for pt
  o Be flexible
    ▪ Environment
  o Quiet/Warm
  o Same routine/staff if possible
  o Use distractions
  o Keep pt covered

• Oral Care
  o Frequency
    ▪ When pt awakens, after each meal and at HS
  o Toothettes available for sensitive gums
  o Brushing
  o Flossing
  o 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
  o Bridge is a partial denture
  o Braces
    ▪ Need careful cleaning
    ▪ Care if wires become loose or broken from trauma

• Stomatitis
  o Causes
    ▪ Medication e.g. chemotherapy, radiation
    ▪ Intubation
    ▪ Infection
  o 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 H2O2
  - 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
  - Contac 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?