Hygiene

Chapter 31
Hygiene

Learning Outcomes
Describe hygienic care that nurses provide to clients.
Identify factors influencing personal hygiene.
Identify normal and abnormal assessment findings while providing hygiene care.
**Personal hygiene**: is the self care by which people attend to such function as bathing, toileting, general body hygiene and grooming.

**Type of hygienic care**
- Early morning (as waken in morning)
- Morning care (after client having breakfast)
- Afternoon care.
- Hours of sleep care.
- As needed (prn) care: provided as required by client
**Skin:**

**Five major function of skin:**
- protect underling tissue from injury
- regulate the body temperature
- secret sebum (oily substances) soften and lubricant hair and skin, decrease heat loss, decrease water loss, bactericidal
- transmitted sensation
- Provide and absorbed vitamin D.
• **Nursing process:**

• **Assessment:**

  nursing health history :
  • -skin care practice
  • -self care abilities
  • -past and current
  • - skin problem

• physical assessment of the skin :- inspection and palpitation ( color texture moister , intactness , temperature)

• identification of client at risk for developing skin impairment
Diagnoses:
- Self care deficit
- Deficit knowledge
- Situational low self steam

Planning:
- Promote circulation
- Promote self steam
- Restore nutritional status
- Correct fluid deficit or excessive
- Prevent problem associated with immobility
General guideline for skin care:

- An intact healthy skin is the body first line of defenses, the nurse needs to ensure that all skin care measures prevent injury and irritation.

- The degree to which the skin protects the underlying tissue from injuries depends on the general health of the cell, the amount of subcutaneous tissue, and the dryness of the skin.

- Moisture in contact with skin for more than short time can result by increasing bacterial growth and irritation.

- Skin sensitivity to irritation and injury varies from individual to individual and in accordance with the health.

- Body odor caused by resident skin bacterial action and body secretion.

- Agent used for skin care have selective action and purpose.
Implementation:

- **Bathing:**
  - Stimulate circulation
  - Sense of well being (refresh, relaxation)
  - Opportunity for the nurse to assess all the client

- **Category for bathing:**
  - Clean bath: complete bed bath (N WASHES THE BODY BOF DEPENDENT CLIENT IN BED), self help bed bath, partial bath, towel bath (IN BED BATH THAT USE QUICK DRYING SOLUTION CONTAINING A DISINFECTANT OR CLEANING AGENTS), body bath, tub bath (IN BED BATH THAT USE A PLASTIC BAG), shower bath
  - Therapeutic bath: are given for physical effects such as to soothing irritated skin (medication placed on Water)
• **Perennial genital care:**
  • Part of the body bath
  • Embarrassing for opposite sex
  • Left client proved clean for themselves

**Evaluation:**
• Change in client condition
• Food and fluid intake adequate to maintain skin integrity
• Prescribed medication to provide skin integrity
• Care given
Feet:
- Verity related to age and bone
- Feet remain UN changed during life
- Elderly required special attention

Assessing
- Nursing health history: nails, foot care practice, foot problem, foot description, foot problem mobility
- Physical examination shape, size, lesion, tenderness, edema
- Identify client at risk: with DM peripheral vascular disease, foot problem
Diagnoses:
- Self care deficit related to impaired vision
- Risk for impaired skin integrity related to altered tissue perfusion
- Risk for infection related to trauma

Planning:
- Maintain health foot

Implementation:
- Provide foot care
• **Nails**

**Assessing**
- care practices
- Self care ability
- Physical assessment (shape, texture, nail bed color, tissue around

**Diagnoses:**
- Self care deficit related to impaired vision
- Risk for infection related to impaired skin integrity

**Planning:**
- Promote care of nail
Implementation

- cutting nails
- Lubricant dryness
- Care for client with DM

Evaluation:

- demonstrate health care nail
- Describing factor contributing to nail problem
- Describe preventive intervention
• **Mouth**
  
  - Teeth usually appear at 5-8 month
  - By 2 years complete 20 teeth
  - 6-7 years begun to loss teeth
  - Pregnancy affecting client teeth bacterial plaque (hormonal changes)
  - Old: denture
  - Loss of teeth related to dental care
  - by age 25 completely all teeth
Assessing:

- history: oral hygiene, dental visit, self care abilities, past and current mouth problem

- Physical assessment: dental cares gingivitis, teeth discoloration, and loss of teeth

- Identify client at risk: Serious ill, confused, comatose, depressed, dehydration, nasogastric tub, having mouth surgery, inadequate nutrition excessive intake of sugar, old people, dry mouth, receive radiation

- Causes of dry mouth: medication, alcohol, high slate intake smoking, old people
Diagnoses:
- Self care deficit
- Impaired oral mucosal membrane
- Knowledge deficit

Planning:
- Promote mouth care
- Maintain oral mucous membrane
Implementation:
- Good oral hygiene
- Mechanical brushing and flossing of teeth
- Teaching to clean teeth
- *Promoting oral care during lifestyle.*
- *Brushing and flossing the teeth, remove bacteria, proper brushing, Fluoride tooth paste*
- Caring for artificial denture: for partial or dependent person
- Client with special oral hygiene need
- Excessive dryness, sores irritation unconscious

Evaluation
- Change in condition
- Client coordination
- Change in energy level
Hair:
- Hair reflect a person's feeling of self concept and sociocultural wellbeing
- Dirty hair: Itching, uncomfortable, have odor
- Practice to care for hire differ

Assessing
- Health history: hair color, self care ability, hair scalp problem, chemotherapy, hair loss (alopecia) hypothyroidism cause hair thin and dry

- Physical assessment: dandruff, hair lose, lice, hirsutism (excessive body hair on the axillae and legs)
Diagnoses:
- self care deficit
- Impaired skin integrity related to scalp laceration

Planning
- promote care for hair
- encourage client in heir care
- promote skin integrity

Implantation
- Brushing hair daily
- Shampooing hair as often as needed
- Beard and mustache care

Evaluation
- Performing hair grooming with assistance