



A2.2 – Educative resources for teachers

## <<Hygiene>>

Module: 2

Sub-Module: **2.3 Hygiene, Elimination and clothing**



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# Introduction

<b>Module</b>	2
<b>Sub-module</b>	<b>2.3 Hygiene, Elimination and clothing</b>
<b>Lesson nr.</b>	#1 Hygiene
<b>Duration</b> (minutes)	135
<b>Date</b>	

# Lesson Outcomes

1. The most common hygienic problems occur in the user.
2. Assessment of the user hygienic condition, determination of indications, contraindications, dangers associated with the performance of hygienic and care activities
3. Ensuring safety and intimacy during hygienic and care activities
4. Performing hygienic and care activities taking into account the user's condition, i.e.: change of bedding and clothes, full body toilet in bed, oral toilet

# The most common hygienic problems

1. Difficulties' in maintaining body hygiene due to physical disability (e.g.: stroke, Parkinson's disease) or mental disability (e.g.: dementia, depression)
2. Incontinence
3. Poor hygiene habits

# The aim of daily care is:

- ✓ maintain the skin clean
- ✓ prevention of infections, inflammation of the skin, ulcer
- ✓ keeping skin in good condition, protection against excessive dryness
- ✓ improving well-being by ensuring clean clothing and aesthetic appearance

# Recommendations that we follow when performing hygiene activities

1. Customize the manner and frequency of assistance to the general, individual situation of the user (physical, mental, psychological) and to a degree how dependent he/she/they is/are on help.
2. Providing information on planned activities, their course.
3. Obtaining the users consent to perform hygienic activities, e.g. personal hygiene, oral cavity cleaning.
4. Respecting the habits and cultural habits of the user.
5. Encouraging a user to cooperate.
6. Providing the user with conditions of intimacy.

# Recommendations that we follow when performing hygiene activities

7. Taking care of the users comfort and safety.
8. Follow the washing sequence when bathing the user.
9. Protecting the user from cooling down: the ambient temperature should be 18-22°C, closing windows and doors.
10. Preparation of the necessary equipment to perform the procedure.

**Remember!!!**

**Wash your hands hygienically before starting the activity**

# During the washing of the user, the following may occur

1. Significantly colds the user
2. User fatigue.
3. Infections of the skin and mucous membranes.
4. Contusions, fractures as a result of falls, sudden movements.
5. The discomfort of the user due to the lack of intimacy when performing the personal hygiene.
6. Aspiration with water, mouthwash while brushing teeth.
7. Getting wet dressings, pulling the cannula out, wound dressing.



# Depending on the user`s condition, we can perform the following hygienic procedures

- ✓ changing the bed linen when the bed is empty or with the user in bed,
- ✓ change of personal underwear in a completely dependent patient,
- ✓ bathing the user in the shower, in a bathtub or in bed,
- ✓ washing of the oral cavity with a cooperating user or a completely dependent user.

# The procedure of changing the bed linen with the user who can't get out of bed

## *Structure of activities:*

1. Getting to know the user's condition and assessing the degree of his independence in order to determine the scope of assistance user will require.
2. Hygienic hand washing
3. Preparation of the equipment and the environment
4. Follow the sequence of actions:

*change the pillowcases on the pillows- turn the user's to the side- change the sheet- put the user's on his/her back- put the sheet under the mattress- change the duvet cover- adjust the pillows*

# The procedure of changing the bed linen with the user who can't get out of bed

## **REMEMBER!!!!**

- ✓ *Take care of the users safety and comfort during the procedure.*
- ✓ *Perform the activities quickly and efficiently to minimize the users fatigue*
- ✓ *Bed linen should be made of natural materials, e.g. cotton.*
- ✓ *The sheet must be tightly stretched, without any creases and food crumbs.*

# The procedure for washing user who requires assistance

*Structure of activities:*

1. Getting to know the user`s condition and assessing the degree of his independence in order to determine the scope of assistance user will require.
2. Hygienic hand washing
3. Preparation of the equipment and the environment
4. Follow the sequence of actions:

*brushing teeth, oral toilet - shaving - washing the eyes and face - washing the ears - washing the neck - washing the chest - washing the upper limbs - washing the belly - washing the back - washing the buttocks – washing lower limbs - perineal washing – combing hair – cleaning nails*

# The procedure for washing user who requires assistance

**REMEMBER!!!!**

- ✓ *Dry the skin gently, and not rub it.*
- ✓ *Use moisturizing preparations to restore the hydro-lipid balance of the epidermis in the case of dry and flaky skin.*
- ✓ *Perform a perineal toilet at least once a day and every time the user passes urine and stools.*
- ✓ *Cover the washed and dried body parts during the toilets, avoiding the risk of cooling down and maintaining intimacy.*
- ✓ *Always wash the perineum from the symphysis pubis to the anus.*

# The procedure of a user`s mouth washing

## *Structure of activities:*

1. Getting to know the user`s condition and assessing the degree of his independence in order to determine the scope of assistance user will require.
2. Hygienic hand washing
3. Preparation of the equipment and the environment
4. Follow the sequence of actions:  
*brushing teeth – washing palate - washing tongue - cleaning the tissues between the teeth and cheeks and the interdental spaces*
5. Rinsing the mouth with water or mouthwash preparations

# Procedure of a user`s head washing

## *Structure of activities:*

1. Getting to know the user`s condition and assessing the degree of his independence in order to determine the scope of assistance user will require.
2. Hygienic hand washing
3. Preparation of the equipment and the environment
4. Follow the sequence of actions:

*comb the user`s hair - wet them with water - dilute the shampoo and apply it to the hair - wash the user`s hair by gently massaging the scalp - rinse the shampoo from the hair - dry the user's hair and style the hair depending on user preferences*

# Procedure of a user's head washing

**REMEMBER!!!!**

- ✓ *When rinsing the user's hair, be sure to cover the patient's face and ears against flooding.*
- ✓ *Check that the user is not allergic to the shampoo.*
- ✓ *Take care of the user's comfort during the procedure.*





Thank you!

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Date of the session

