



GIVINGCARE
Empowering Caregivers

A2.2 – Educative resources for teachers

<<Elimination and clothing>>

Module: 2

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



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Introduction

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|---------------------------|--|
| Module | 2 |
| Sub-module | 2.3 Hygiene, Elimination and clothing |
| Lesson nr. | #2 Elimination and clothing |
| Duration (minutes) | 90 |
| Date | |

Lesson Outcomes

1. Rules for the selection of absorbent materials depending on the conditions of use.
2. Changing diapers and other absorbent materials, setting up a swimming pool.
3. Principles of applying anti-bedsore prophylaxis and care.
4. Rules for the selection of the specific needs of users regarding the selection of clothing.

Rules for the selection of absorbent materials

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

*Absorbent products help in the daily functioning
of people experiencing incontinence - urinary
and / or fecal incontinence*

Urinary and/or fecal incontinence - definitione

- Urinary incontinence is unintentional loss of urine that is sufficient enough in frequency and amount to cause physical and/or emotional distress in the person experiencing it.
- Fecal incontinence is the inability to control the passage of gas or stools (feces) through the anus.

Types of absorbent products for adults

Urinary incontinence pads

- ✓ Urological pads are a type of discrete absorbent products that are used in the case of light, medium and severe urinary incontinence.
- ✓ Due to their structure, they resemble ordinary panty liners or sanitary napkins and can be easily worn with personal underwear.
- ✓ Manufacturers offer urological inserts in many variants to choose from, including for women and men, for day and night, as well as in various levels of absorbency, which are selected depending on the severity of the ailments.

Types of absorbent products for adults

Absorbent panties for urinary incontinence

- ✓ The products are available for men and women. They are put on like regular underwear, ensure discretion, adhere to the body, do not stand out under clothes.
- ✓ The protection is provided by an insert in the central part of the panties.
- ✓ Intended for everyday use instead of regular underwear. They are durable, which allows them to be put on and taken off multiple times (e.g. when using the toilet).
- ✓ Available in disposable and reusable versions. In a reusable version, they are available in various colors and do not differ much from ordinary underwear, while providing protection.
- ✓ Absorbent pants are intended for people who walk, e.g. at home, with moderate to severe urinary incontinence. They are a good solution for patients who are not yet ready to use diapers.

Types of absorbent products for adults

Anatomical diapers for adults

- ✓ Disposable products, open, i.e. without Velcro fasteners for side fastening, ensure freedom of movement.
- ✓ They are attached with mesh panties that adhere to the body and secure the diaper.
- ✓ They are characterized by an easy way to put on and replace a used product.
- ✓ Recommended for people who are partially mobile, independent, with moderate, heavy and very severe urinary incontinence.

Types of absorbent products for adults

Diaper pants

- ✓ Disposable products, closed with side fasteners (Velcro, adhesive strips), reusable (unfastening and fastening), enabling the device to be adjusted to the circumference of the patient's hips. The products are available for day and night use. They have an extensive back absorbent layer as a leak protection.
- ✓ They are recommended for people who are lying. More often chosen by caregivers of sick people, due to the easier way to replace the used product. For people with moderate, severe to very severe urinary incontinence, fecal incontinence.

How to correctly choose a personal protective absorbent product?

1. Urinary or fecal incontinence (incontinence) comes in many forms: stress, drip, leakage, mixed, urgent, both physically and mentally.
2. The diagnosis of the condition is made by the physician on the basis of the type, frequency and severity of the condition.

How to correctly choose a personal protective absorbent product?

3. Select absorbent products after analyzing the frequency and intensity of ailments.

Excreted urine within 4 hours:

- light excretion: 50-100 ml
- medium excretion: 100 - 200 ml
- heavy excretion: 200-300ml
- very heavy excretion: - over 300ml.

On this basis, select products that are marked with a different level of absorption (usually in the form of drops, colors on the packaging of the absorbent product).

How to correctly choose a personal protective absorbent product?

4. Some absorbent products are equipped with special prints and color stripes that change color when there is a need to replace it (without looking inside).

How to correctly choose a personal protective absorbent product?

5. Match diaper pants or absorbent pants based on the size chart (as in the case of clothes - we measure the waist and hip circumference of the patient).

For example:

Size XS: 45cm - 70cm

Size S: 55cm - 80cm

Size M: 80cm - 110cm

Size L: 100cm- 135cm

Size XL: 120cm- 160cm

Size XXL: 140cm - 190cm

When both measurements (waist, hip) fit within the given size, you should choose the one that fits. If one of them is taller, choose the larger size.

Remember that products that are too small will cause abrasions and that products that are too large will cause side leakage.

Absorbent products may be incorrectly selected and put on cause:

1. Abrasions and irritation of the affected skin, especially if the size is wrong.
2. Leakage of urine with subsequent contamination user's clothes and bedding.
3. Discomfort of the sick user and his deterioration well-being.

Rules for replacing absorbent products:

- ✓ Depending on the user's condition, we can use different techniques for putting on absorbent products:
 - if the user is able to change the absorbent product himself or requires a little help, it is best to do this while standing,
 - in the case of a lying user, absorbent products are put on by turning the user from side to side

The procedure of changing the absorbent products 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 cleaning and disinfection hands, putting on disposable gloves
3. Preparation of the equipment and the environment
4. Follow the sequence of actions:

put a hygienic pad under the user's buttocks - turn the user to the side - perform skin care and protect the skin with protective cream - put diaper pants on the back of the user - put the user on his back - pull out the front part of the diaper pants and adjust it to the perineum - fasten the diaper pants with elastic Velcro straps adjusting the diaper pants to the waist.

Bedpan is a very good solution for user`s who, for various reasons, cannot / are unable to use the toilet.

This allows users to meet their physiological needs in comfortable conditions.

Recommendations for the use of bedpan

- ✓ Observe the recommendations of hygiene, safety and ensure the conditions of intimacy for the user.
- ✓ There are a risk of contamination of bed linen, underwear and the risk of abrasions or bedsores caused by being left on the bedpan for too long.

The procedure for placing the badpan 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 cleaning and disinfection hands, putting on disposable gloves
3. Preparation of the equipment and the environment
4. Follow the sequence of actions:
 - I. *ask the user to bend the legs at the knee joints and lift the buttocks up to slide the badpan under the buttocks*
 - II. *if the user is unable to cooperate with us, he/she can be placed on his/her side to put the badpan on, and then placed in a supine position.*

Pressure ulcer - definitione

- Pressure ulcer is defined as the localized damage to the skin and/or subcutaneous tissue that occurs due to pressure or pressure in combination with shear forces.
- Pressure ulcers usually occur above the bone protrusion, but may also be related to a medical device or other object.

Pressure ulcer risk factors

- ✓ age \geq 75 years,
- ✓ immobilization,
- ✓ skin condition (excessive dryness or wetness, injuries, infections),
- ✓ nutritional status (malnutrition, dehydration),
- ✓ urinary and stool incontinence,
- ✓ consciousness disturbance,
- ✓ chronic comorbidities (diabetes, anemia, neurological diseases)

The most common places of pressure ulcer

- ✓ when placed in the supine position: heel area, coccyx, sacrum, shoulder blades, the back of the head and the auricles,
- ✓ in the lateral position - around the ankles, knees, iliac trochanter, shoulder, behind the ears and around the mastoid,
- ✓ in the abdominal position - in the area ankles, knees and sternum.

Preventing activities *pressure ulcer*

- ✓ *Placing the patient on a dynamic pressure floating mattress.*
- ✓ *The use of bed amenities (rollers, discs, supports, wedges).*
- ✓ *Thoroughly making the bed daily to avoid folds and wrinkles.*
- ✓ *Removal of stitches, buttons, crumbs and other debris from under the patient.*
- ✓ *Underwear and bed linen should be dry, clean, non-starched, soft, and made of natural materials.*
- ✓ *Avoid overheating and sweating.*

Preventing activities *pressure ulcer*

- ✓ *Observing the skin at least once a day, preferably during hygienic activities and each time you change position.*
- ✓ *Thorough, gentle drying of the skin, especially around folds and places exposed to pressure.*
- ✓ *Use the correct patient transfer technique.*
- ✓ *Change the patient's position at least every 2-3 hours.*
- ✓ *The skin should be washed daily with warm water, using gentle cleansers with a pH of 5.5 that do not dry out the skin.*

Preventing activities *pressure ulcer*

- ✓ *You should thoroughly, gently dry the skin after each toilet, do not rub!*
- ✓ *Washed and dried skin should be moistened with preparations intended for the care of delicate skin*
- ✓ *Use diaper pants in case of urinary incontinence.*
- ✓ *Each time clothes or bedding are wet, they should be changed.*

Selection of personal underwear for the user

Choosing the right underwear is not only a convenience for the user, but also a component of anti-bedsore prophylaxis in caring for a bedridden user.

When choosing underwear, it is worth considering the preferences of the user. Thanks to this, the lying person will feel that he/she has an influence on his/her immediate surroundings and is respected.

Recommendations for selecting clothes for the user

- ✓ *Underwear should be selected taking into account the user's comfort. For the user's comfort and the caregiver's convenience, the quality of the fabrics from which the underwear is made is important.*
- ✓ *Uncomfortable pajamas or uncut T-shirt labels may unnecessarily irritate the sick person.*
- ✓ *Underwear should be made of natural, airy materials, e.g. cotton.*

Recommendations for selecting clothes for the user

- ✓ *When choosing underwear, we should take into account (if possible) the user's preferences (color, cut, length). This will improve the user's well-being and make him/her feel respected that he/she has an influence on at least this area of his/her life. The improvement of well-being resulting from lying in clean sheets and in comfortable clothes is an important element of care.*
- ✓ *It is important to take care of the aesthetics of the user's clothes, so that the person staying in bed is not ashamed to receive visits from a doctor, nurse, guests or a clergyman.*

Recommendations for selecting clothes for the user

AVOID!!!!

- ✓ *Clothes that are tight or too loose - folds can form when garments are worn too large and may cause pressure ulcers.*
- ✓ *Underwear made of entirely artificial fibers. Difficult wicking of moisture or excessive sweating puts you at risk of chafing.*
- ✓ *Putting on women's ankle length nightgowns - long shirts are uncomfortable, they can get tangled between the legs and make diaper changes difficult.*

Recommendations for selecting clothes for the user

AVOID!!!!

- ✓ *Pants with long legs can curl up to create creases on the skin. When changing a diaper, it is necessary to turn the sick person several times to remove them. It is more convenient to choose a knee-length shirt or just a t-shirt.*
- ✓ *Pajamas or shirts with many buttons. Apart from the difficulty and time-consuming nature of dressing, there is a risk of a user choking on a button.*
- ✓ *All kinds of drawstrings, frills on underwear. They increase the risk of pressure ulcer development.*



Thank you!

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Date of the session

