

CYNLLUN A GWERTHUSIAD GWERS/LESSON PLAN AND EVALUATION

Dosbarth/Class: .....**Skills2Care**.....

Nifer yn y Dosbarth/Number in Class .....

Dyddiad/Date: .....

Amser/Time : ... ..

Testun/Subject Area: .....

Teitl y Wers/Title of Lesson: **Hygiene needs & Catheter Care.**

<i>Gwybodaeth/cyrhaeddiad/profiad/sgiliau blaenorol (beth chi'n disgwyl i'ch myfyrwyr wybod)</i> Previous Knowledge/Attainment/Experience/Skills (what do you expect your students to know)	The importance of hygiene needs in relation to patient care.
<i>Perthnasedd/Cymhelliad</i> Relevance/Motivator	To be able to assist individuals to perform hygiene needs & Catheter care. To include oral, care, foot care, TED stockings
<i>Geiriau Newydd</i> New Words	Catheter, Torso, genitalia, Skin Integrity, Coccyx, Sacrum, TED stockings

<b>NOD/AIM:</b>	To establish best practice whilst caring for your patients personal hygiene needs
<b>AMCANION/ OBJECTIVES TSSBAT:</b>	<ul style="list-style-type: none"> <li>• Identify equipment that will be needed to perform care of personal hygiene</li> <li>• Describe and perform best practice whilst carrying out personal hygiene needs</li> <li>• Discuss the rationale for adequate hygiene provision</li> <li>• Evaluate the importance of privacy and dignity</li> <li>• Identify different types of catheters and bags and perform catheter care</li> <li>• Safely perform a male shaving.</li> </ul>
<i>Manylion o wahaniaethiad/hyrwyd do cyfleoedd cyfartal</i> Details of differentiation/promotion of equal opportunities	To identify individual experiences and knowledge, to establish the needs of the whole group to be able to pitch the lesson accordingly. This would assist in the identification of special learning needs of the group.

CYNLLUN A GWERTHUSIAD GWERS/LESSON PLAN AND EVALUATION

	Amser Time	Gweithred (ee cyswllt, adolygu, perthnasedd, amcanion) Activity (eg link, recap, relevance, objectives)	Tiwtor Tutor	Myfyrwyr / Student	Dull Asesu/ Assessment Method	Adnoddau/ Resources/Aids	Sgiliau Sylfaenol/ Allweddol Basic/Key Skills
CYFLWYNIAD/IN TINTRODUCTIO	5 Mins	Recap and link to session on Pressure damage and care of the skin. Introduction, Present aims and objectives Identify how much experience each individual has in performing hygiene needs	discuss	Discuss	Question	OHP & Acetates Flip Chart Paper and pens Wipe board.	
DATBL YDIAD/DEVELOPMENT	50 mins	Demonstrate (using principles of EDUCARE) and discuss best practice for each of the following, remembering to include signs to look for to identify possible problems, including maintaining privacy and dignity at all times <ul style="list-style-type: none"> <li>• Face care – washing and grooming (choice of soap or plain water).</li> <li>• Eye care – bathing</li> <li>• Mouth care / teeth / dentures.</li> <li>• Torso, front, – breast care, soreness</li> <li>• Genitalia – privacy and dignity, soreness, plain water</li> </ul> Catheter care – types of catheters and bags, emptying and disposing of urine <ul style="list-style-type: none"> <li>• Skin integrity – buttocks and back observing for redness and sores, sacral area and coccyx</li> <li>• Foot care – toe nails, heels, soles, sores</li> <li>• Changing bed clothes – while patient in the bed</li> <li>• Making bed – hospital corners</li> </ul> Shaving game – practice shaving a male patient using balloons	Demo Discuss Prompt	Observe Question Discuss	Q &A Observe	Mannequin Soap Flannels Wipes Towels Gown Sheets Mouthwash tablets and sponges  Give evidence based handout	C2.1, PS1.1,
	10 mins	Bed Making	Demo	Practice	Observe	Balloons, shaving cream, safety savers/ rubbish bags	C2.1, WWO1.1,

**CYNLLUN A GWERTHUSIAD GWERS/LESSON PLAN AND EVALUATION**

	<i>Amser Time</i>	<i>Gweithred ee crynhoi, adolygu amcanion, atgyfnerthu perthnasedd, cyswllt i'r wers nesaf</i> <i>Activity eg summarise, review objectives, reinforce relevance, link to next session)</i>	<i>Tiwtor/ Tutor</i>	<i>Myfyrwyr Student</i>	<i>Dull Asesu/ Assessment Method</i>	<i>Adnoddau/ Resources/Aids</i>	<i>Sgiliau Sylfaenol/ Allweddol</i> <i>Basic/Key Skills</i>
<b>CASGLIAD/ CONCLUSION</b>	20 Mins  5 mins	<b>Demonstrate and discuss preparing the bed area for a new patient and making sure the bed space is safe for a patient to occupy it.</b> <b>Conclude – recap</b> <b>Discuss best practice</b>  <b>ANY QUESTIONS</b>	Discuss	Discuss	Question	Handouts	
<b>GWERTHUSIAD/EVALUATIODiscussN</b>							
<b>Cryfderau/Strengths</b>			<b>Gwendidau/Weaknesses</b>			<b>Gwelliannau/Improvements</b>	