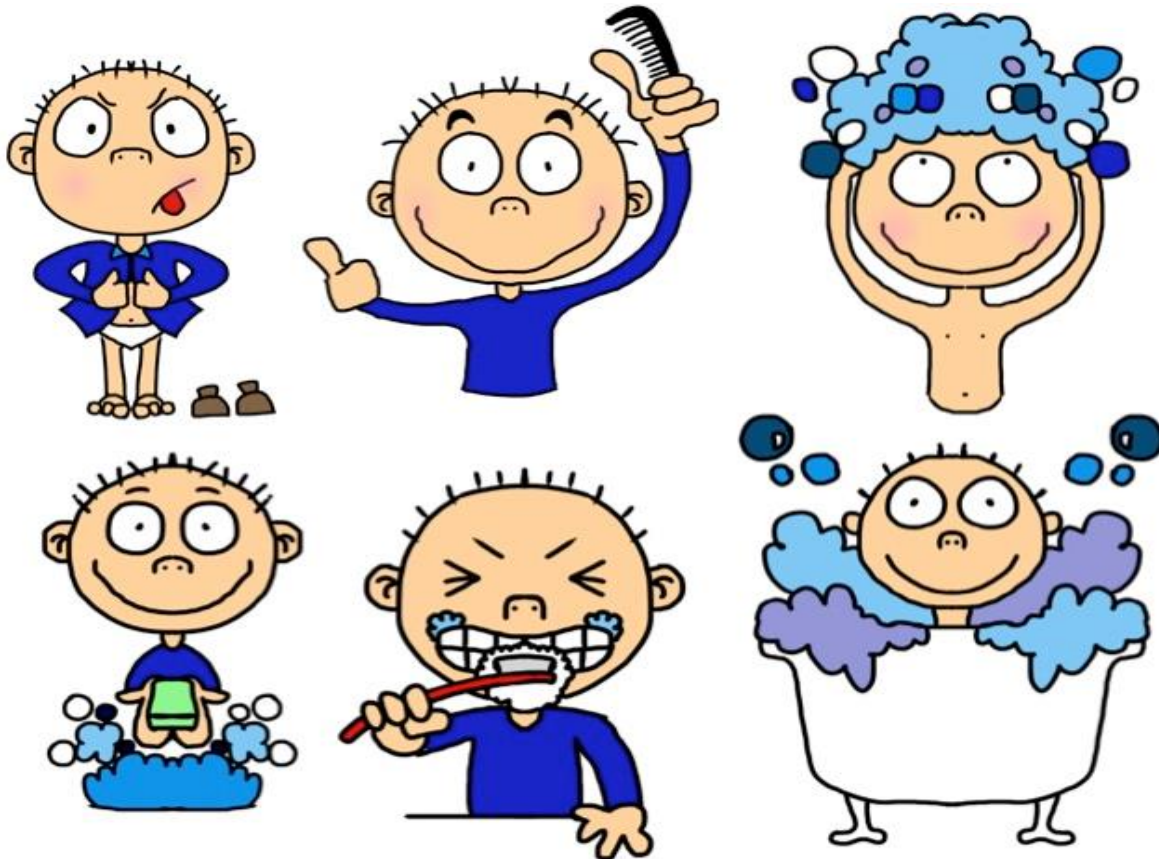


Personal Hygiene



Aims

- To Understand the role of the Health Care Support Worker in the delivery of Personal Care for the patient.



Objectives

- To encourage an individual to communicate their needs, preferences and personal beliefs affecting their personal care
- To protect the privacy and dignity of individuals while providing support
- To support the hygiene needs of individuals
- Foot care – identify care needs and support required for foot care
- Oral care – identify the reasons why we would need to support patients with care

Dignity in Care Personal hygiene

“Care is a very intimate thing. The closer the person that’s helping you to someone that you like and respect, or have interests in common with, the better.”

www.scie.org.uk

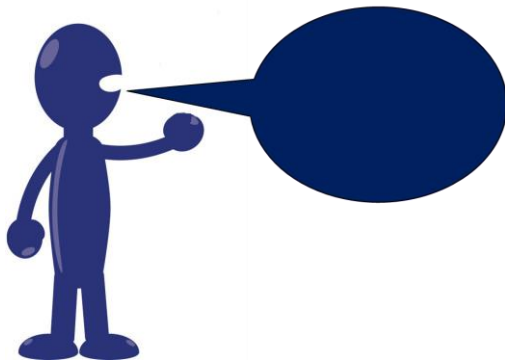
- “Fundamentals of Care” are the basic elements of patient care, such as how patients are communicated with, kept clean, and how well they eat, drink, sleep, feel safe and valued while in hospital.
- The Health and Care Standards 2015 highlights shared decision-making and co-production as a key component of high quality, person-centred health and care.

<http://www.wales.nhs.uk/governance-emanual/patient-consent/>

Group Discussion

- Discuss different personal care options for the patient.
- What will you need to take into consideration?

Privacy & Dignity



When we are carrying out personal care what else are we doing?

- Communicating with the patient.
- Inspecting the skin-looking for abnormalities.
- Checking continence.
- Checking the mouth checking for any infections, thrush or pocketing of food.
- Foot care - hot spots, fungal infections or abnormalities.
- Hair care - sore scalp are they bed bound do they need their hair washed in bed?

Demo



Standards Of Care - Standard 4.1 (Dignified Care)

- People's experience of health care is one where everyone is treated with dignity, respect, compassion and kindness and which recognises and addresses individual physical, psychological, social, cultural, language and spiritual needs.

Record keeping and documentation

- Record the care that has been undertaken, along with any abnormal finding(s), and ensure you update the patient's care plan.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Foot care – what to look out for!



Deformities

- Neuropathy
- Infection
- Inflammation



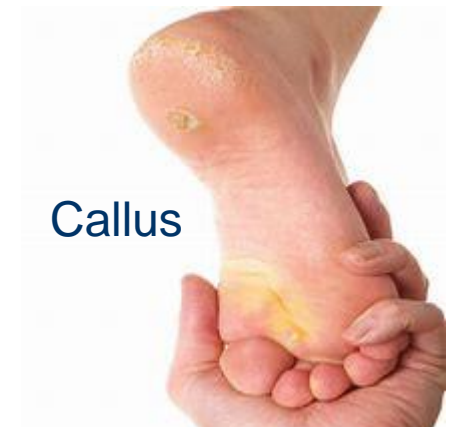
Gangrene



Ulceration



Limb ischemia



Callus

Foot Care

Discuss how and why we need to support good foot care ...

✓ Prevention



✓ Cure

✓ Good healthy skin



Who needs support with Oral Care?

- Patients who... are nil by mouth, unconscious, ventilated or end of life
- Mouth breathe, on oxygen or have a nasogastric tube
- Are critically ill
- Are receiving radiotherapy or chemotherapy to the head and neck
- Have neurological conditions i.e. dementia, stroke, MS
- Are unable to maintain their own oral hygiene needs through physical or learning disability
- Are suffering the side effects of medications
- Have psychological disorders which can affect motivation
- Are immuno-compromised i.e. diabetes



Group Exercise

Fundamentals of Care Intentional Rounding Log

[illegible]

Lets have a go!

Summary

- Looked at how to encourage an individual to communicate their needs, preferences and personal beliefs affecting their personal care
- Discussed how to protect the privacy and dignity of individuals whilst carrying out personal care.
- Examined how to support the hygiene needs of individuals
- Discussed how to provide good oral care and identified how to provide care Foot care.

Any Questions

