Chapter 13 Hygiene

Hygienic Care
° Culture and cleanliness [corresponds to Box 13-1]
° Factors that influence hygiene practice [corresponds to Box 13-2]
° Terms: early morning care, morning care, afternoon care, hour of sleep (HS) care, as-needed (prn) care

Skin, Foot, and Nail Care
° Terms: sebum, bactericidal
° Types of baths – cleaning or therapeutic (sitz bath) [corresponds to Procedure 13-1]
  o Complete bed baths
  o Self-help bed bath
  o Partial bath
  o Bag bath – kit; clean and air dry to leave emollient on skin, warmed in microwave
  o Tub bath
  o Shower
° Toileting before bath
  o Bedpans (high-back or fracture) – corresponds to Box 13-3
  o Urinals
  o Commode
° Purposes of baths- cleaning, stimulating circulation, sense of well-being, time for skin assessment and some teaching
° Nursing care
  o Risk factors for self-care deficit [corresponds to Box 13-4]
  o Assess common skin problems [corresponds to Table 13-1]
  o Assist client as needed to maintain or improve skin cleanliness, follow client preference for time when possible
  o Perineal-genital care – use common terms
  o Feet [corresponds to Box 13-7]
    • Abnormal findings
      ↑ Infection
      ↑ Calluses and corns
      ↑ Fissures
      ↑ Warts
      ↑ Fungal infections
      ↑ Odors
  o Nails
    • Fungal infections
    • Changes with age
    • Proper cutting
° Use caution when bathing person with IV tube [corresponds to Box 13-6]
° Nursing Process Care Plan: Client with Diabetes

Hair Care
° Terms: lanugo, ticks, hirsutism
° Normal varies with age
Abnormal findings
  o Alopecia
  o Dandruff
  o Pediculosis
  o Scabies

Nursing care
  o Take into account client preference health and energy, plus time, equipment, and available personnel whenever possible
  o Providing hair care [corresponds to Procedure 13-2]
    • Client teaching
    • Shampooing
    • Racial differences
    • Brushing and combing
    • Beard and moustache [corresponds to Box 13-8]

Mouth Care
  ° Oral cavity
    o Normal findings
    o Abnormal findings and nursing implications [corresponds to Table 13-2]
      • Periodontal disease
      • Dental caries
      • Dryness/lesions

  ° Nursing care
    o Interventions for the mouth [corresponds to Procedure 13-3]
      • Client teaching
      • Brushing the teeth
      ↑ Unconscious clients
      • Denture care

Eye Care
  ° Term: lacrimal fluid

  ° Nursing care
    o Eye care
    o Wear gloves
    o Contact lenses and glasses
      • Removing contact lenses [corresponds to Figure 13-7 and 13-8]
    o Unconscious clients [corresponds to Box 13-9]
    o Care of artificial eye [corresponds to Figure 13-9]
    o Teaching avoidance of home remedies; principles of eye care (discharge considerations)

Ear Care
  ° Cleaning the ears - irrigate for excessive cerumen; avoid cotton-tipped applicators

  ° Hearing aids
    o Care of hearing aids [corresponds to Procedure 13-4]

Nose Care

Supporting a Hygienic Environment
  ° Clean, safe and comfortable, good ventilation
° Hospital beds – three sections
  o Common bed positions [corresponds to Table 13-3]
  o Mattresses, side rails, footboard; footboot, bed cradle
  o Relation to chain of infection [corresponds to Box 13-10]
° Intravenous rods
° Making the client’s bed [corresponds to Figure 13-11 and Procedure 13-5]]
  o Unoccupied bed
  o Occupied bed
  o Safety measures
    • Prevention of cross-contamination
    • Client health status
    • Positioning of bed
    • Use of siderails
  o Comfort measures
    • Client
      ↑ Wrinkle-free linen
      ↑ Toe pleat
      ↑ Bed opened
    • Nurse
      ↑ Bed height
      ↑ Systematic procedure

Critical Thinking Care Map: Caring for a Client with Oral Cavity Problems