Objectives

- Define the key terms listed in this chapter
- Describe the care given before and after breakfast, after lunch, and in the evening
- Explain the importance of oral hygiene and bathing
- Identify safety measures for tub baths and showers
- Explain the purposes of a back massage
- Explain the purposes of perineal care
- Perform the procedures described in this chapter

Key Terms

oral hygiene
perineal care
Chapter Outline and Classroom Activities

I. INTRODUCTION

- Ask students to discuss the importance of cleanliness in their personal lives.
  - Ask them to write their individual daily routines related to hygiene.
    - Morning routine
    - After meal routine
    - Bedtime routine
      * Allow 10 minutes. Then ask them to discuss how illness or disability might affect these routines.

  A. Intact skin prevents microbes from entering the body and causing an infection.
  B. Mucous membranes of the mouth, genital area, and anus must be clean and intact.
  C. Culture and personal choice affect hygiene.

- Review the “Caring About Culture: Personal Hygiene” box on page 189 in the textbook with students.
  * Allow time for questions and discussion.

II. DAILY CARE

- Write the following on the chalkboard or a flip chart:
  - Before breakfast
  - After breakfast
  - Afternoon care
  - Evening care
  - Call on students to describe the care given at the times listed.
  - Write the correct answers on the chalkboard or flip chart.

  A. Most people have hygiene routines and habits.
  B. Certain measures are needed at these times.
    1. Before breakfast (early morning care or AM care)
    2. After breakfast (morning care)
    3. During the afternoon (afternoon care)
    4. Before bedtime (evening care or PM care)
  C. Care measures at such times include:
    1. Assisting with elimination
    2. Cleaning incontinent persons
    3. Changing wet or soiled linens
    4. Assisting with hygiene
    5. Assisting with dressing and hair care
    6. Helping residents change into sleepwear
      - Evening care
    7. Providing back massages
      - Morning care and evening care
    8. Making beds and straightening units

III. ORAL HYGIENE

- Show the “Oral hygiene” section of the “Personal Hygiene and Grooming” video (Sorrentino: Mosby’s Nursing Assistant Skills Videos).
  - Allow time for questions and discussion.
- Invite a dental hygienist to speak to the class about the importance of oral hygiene. Ask the hygienist to demonstrate techniques used to provide oral care for persons with special needs.
  - Unconscious persons
  - Persons with dementia

  A. Oral hygiene (mouth care):
    1. Keeps the mouth and teeth clean
    2. Prevents mouth odors and infections
    3. Increases comfort and makes food taste better
    4. Reduces the risk for cavities (dental caries) and periodontal disease (gum disease)
  B. Illness, disease, and some drugs can cause:
    1. A bad taste in the mouth
    2. A whitish coating in the mouth and on the tongue
    3. Redness and swelling of the mouth and tongue
  C. Dry mouth is common from oxygen, smoking, decreased fluid intake, and anxiety.
    1. Some drugs cause dry mouth.
  D. Oral hygiene is given on awakening, after meals, and at bedtime.
    1. Many people practice oral hygiene before meals.
    2. Some persons need mouth care every 2 hours or more often.
      - Always follow the care plan
    3. Use a toothbrush with soft bristles.
  E. Brushing teeth
    1. Many people perform oral hygiene themselves.
      - Some need help gathering and setting up equipment.
    b. You may have to brush the teeth of persons who:
      1. Are very weak
      2. Cannot use or move their arms
      3. Are too confused to brush their teeth
2. Brushing the Person’s Teeth (NNAAP™)

- Review the following with students:
  - “Delegation Guidelines: Oral Hygiene” on page 189 in the textbook
  - “Safety Alert: Oral Hygiene” on page 190 in the textbook
- Display TA 16 showing brushing the teeth.
- Use the procedure checklist provided on pages 154-155 in the student workbook.
- Use anatomical models if available. Or students can volunteer to be the resident.
- Demonstrate the procedure for brushing the person’s teeth.
- Have each student practice and perform a return demonstration of the procedure.

G. Denture care
1. Dentures are cleaned as often as natural teeth.
2. Dentures are slippery when wet.
   a. Hold them firmly.
   b. During cleaning, firmly hold them over a basin of water lined with a towel.
3. Use a cleaning agent.
   a. Follow the manufacturer’s instructions for cleaner use and water temperature.
4. Dentures lose their shape (warp) in hot water.
5. If not worn, store clean dentures in a container with cool water or a denture soaking solution.
6. Dentures are usually removed at bedtime.
   a. Remind people not to wrap dentures in tissues or napkins.
7. Providing Denture Care (NNAAP™)

- Review the following with students:
  - “Delegation Guidelines: Oral Hygiene” on page 189 in the textbook
  - “Safety Alert: Oral Hygiene” on page 190 in the textbook
  - “Safety Alert: Denture Care” on page 193 in the textbook
- Use the procedure checklist provided on pages 158-159 in the student workbook.
- Use an anatomical model.
- Demonstrate the procedure for providing denture care.
- Have each student practice and perform a return demonstration of the procedure.

IV. BATHING

A. Bathing:
1. Cleans the skin and the genital and anal areas
2. Is refreshing and relaxing
3. Stimulates circulation
4. Exercises body parts

B. During bathing, observations are made and you have time to talk to the person.
1. Follow the rules for bathing in Box 11-1 on page 195 in the textbook.

- Review the rules in Box 11-1 on page 195 in the textbook with students.
  □ Allow time for questions and discussion.

C. Complete or partial bed baths, tub baths, or showers are given.
1. The method depends on:
   a. The person’s condition
   b. Self-care abilities
   c. Personal choice

D. In nursing centers, bathing usually is done after breakfast or the evening meal.

E. Dry skin occurs with aging.
1. Dry skin is easily damaged.
2. Older persons usually need a complete bath or shower 2 times a week.
   a. Partial baths are taken the other days.
   b. Some bathe daily but not with soap.
3. Lotions and oils help keep the skin soft.

- Review the following with students:
  □ “Delegation Guidelines: Bathing” on page 196 in the textbook
  □ “Safety Alert: Bathing” on page 196 in the textbook
  □ Allow time for questions and discussion.

F. The complete bed bath

- Show the “Complete bed bath” section of the “Bathing” video (Sorrentino: Mosby’s Nursing Assistant Skills Videos).
  □ Allow time for questions and discussion.
- Provide washcloths for each student. Ask them to practice making a bath mitt.

1. The complete bed bath involves washing the person’s body in bed.
   a. Explain:
      (1) How the bed bath is given
      (2) How you cover the body for privacy
2. Giving a Complete Bed Bath ✔ (NNAAP™)

- Review the following with students:
  □ “Delegation Guidelines: Bathing” on page 196 in the textbook
  □ “Safety Alert: Bathing” on page 196 in the textbook

G. The partial bath
1. The partial bath involves bathing the face, hands, axillae (underarms), back, buttocks, and perineal area.
2. Some persons bathe themselves.
   a. You assist as needed.
3. You give partial baths to persons who cannot bathe themselves.
4. Giving a Partial Bath ✔

- Review the following with students:
  □ “Delegation Guidelines: Bathing” on page 196 in the textbook
  □ “Safety Alert: Bathing” on page 196 in the textbook
  □ Use the procedure checklist provided on pages 164-165 in the student workbook.
  □ Demonstrate the procedure for giving a partial bath.
  □ Have each student practice and perform a return demonstration of the procedure.
  □ Ask each student to assume the role of the resident. They may wear bathing suits as appropriate.
  □ Ask them to discuss the experience.

H. Tub baths and showers
1. Falls, chilling, and burns from hot water are risks.
   a. Follow the safety measures in Box 11-1 (page 195 in the textbook) and Box 11-2 (page 204 in the textbook).

- Review the following with students:
  □ The contents of Box 11-1 on page 195 in the textbook
  □ The contents of Box 11-2 on page 204 in the textbook
  □ Allow time for questions and discussion.

2. Tub baths
   a. A tub bath can cause a person to feel faint, weak, or tired.
      (1) A bath lasts no longer than 20 minutes.
THE BACK MASSAGE

A. The back massage (back rub) relaxes muscles and stimulates circulation.
B. Back massages last 3 to 5 minutes.
C. Observe the skin for:
   1. Breaks in the skin
   2. Bruises
   3. Reddened areas
   4. Other signs of skin breakdown
D. Lotion reduces friction during the massage.
   1. Warm lotion before applying it.
E. The prone position is best for a massage.
   1. The side-lying position is often used for older and disabled persons.
F. Use firm strokes.
   1. Always keep your hands in contact with the person’s skin.
G. After the massage, apply some lotion to the elbows, knees, and heels.
H. Giving a Back Massage
   - Show the “Back massage” section of the “Bathing” video (Sorrentino: Mosby’s Nursing Assistant Skills Videos).
   - Allow time for questions and discussion.
   - Review the following with students:
     - “Delegation Guidelines: Back Massage” on page 207 in the textbook
     - “Safety Alert: Back Massage” on page 207 in the textbook
   - Use the procedure checklist provided on pages 168-169 in the student workbook.
   - Demonstrate the procedure for giving a back massage.
   - Have each student practice and perform a return demonstration of the procedure.
   - Ask each student to assume the role of the resident. They may wear bathing suits as appropriate.
   - Ask them to discuss the experience.

PERINEAL CARE

A. Perineal care (pericare):
   1. Involves cleaning the genital and anal areas
   2. Prevents infection and odors
   3. Promotes comfort
   4. Is done daily during the bath
   5. Is done whenever the area is soiled with urine or feces
B. The person does perineal care if able.
   1. Otherwise, it is given by nursing staff.
C. The procedure embarrasses many people and nursing staff.
   1. Use terms the person understands.
D. Work from the cleanest area to the dirtiest.
   1. Clean from the urethral area to the anal area.
E. The perineal area is delicate and easily injured.
   1. Use warm water, not hot.
   2. Rinse thoroughly.
   3. Pat dry after rinsing.
F. Giving Perineal Care (NNAAP™)

- Show the “Perineal care” section of the “Bathing” video (Sorrentino: Mosby’s Nursing Assistant Skills Videos).
  - Allow time for questions and discussion.
- Review the following with students:
  - “Delegation Guidelines: Perineal Care” on page 210 in the textbook
  - “Safety Alert: Perineal Care” on page 210 in the textbook
- Use the procedure checklist provided on pages 170-172 in the student workbook.
  - Use anatomical models.
  - Demonstrate the procedure for giving perineal care.
  - Have each student practice and perform a return demonstration of the procedure.
- Ask students to discuss any concerns they have about giving perineal care.
  - Discuss the importance of treating the resident with dignity and respect.

**Care Planning Considerations**

Ms. Mary Gomez is a resident of Pine View Nursing Center. She is alert and can make her needs known. She is continent of bowel and bladder. You are assigned to her care today. Your assignment sheet tells you that Ms. Gomez:

- Uses a wheelchair to get around
- Eats all of her meals in the dining room
- Has an upper and lower denture
- Needs a whirlpool tub bath today
  - She likes her bath at 10 AM.
- Gets a back massage after her bath

Ask students to answer the following questions:

1. What care do you need to give Ms. Gomez before breakfast?
2. What care do you need to give Ms. Gomez after breakfast?
3. What information do you need from the nurse and the care plan before you give Ms. Gomez her bath?
4. What observations do you need to make when giving Ms. Gomez a bath?

**Homework Assignment**

Ask students to answer the questions at the end of Chapter 11 in the textbook. Tell them the date and time that this assignment must be completed and turned in.

If the accompanying student workbook is being used, assign the Chapter 11 workbook exercises. Tell students the date and time that this assignment must be completed and turned in.
Chapter 11 Student Assignment

Name: _______________________________

Date: ______________________________

Oral Hygiene and Bathing

Fill in the blanks

1. Define the following terms:
   A. AM care _______________________________________
   B. Morning care __________________________________
   C. Afternoon care __________________________________
   D. PM care _______________________________________

2. Oral hygiene reduces the risk for ___________________________
   and _____________________________.

3. You are giving oral hygiene to Mr. Lewis. What observations do you need to report and record?
   A. _______________________________________
   B. _______________________________________
   C. _______________________________________
   D. _______________________________________
   E. _______________________________________
   F. _______________________________________

4. You may have to brush the teeth of persons who:
   A. _______________________________________
   B. _______________________________________
   C. _______________________________________

5. You are giving mouth care to an unconscious person. What should you use to keep the person’s mouth open?
   _______________________________________

6. How often is mouth care given to the unconscious person?
   _______________________________________
   _______________________________________

7. Explain why hot water is not used to clean or store dentures.
   _______________________________________
   _______________________________________

8. Explain why older persons only need a complete bath or shower two times a week.
   _______________________________________
   _______________________________________

9. To promote safety when giving a shower, you must turn _______________ water on first, then _______________ water. Turn _______________ water off first, then _______________ water. Direct water _______________ from the person while adjusting water temperature and pressure.

10. The nurse tells you to apply powder under Ms. Anton’s breasts after her bath. Explain how to safely apply powder.
    A. _______________________________________
    B. _______________________________________
    C. _______________________________________
    D. _______________________________________
11. A complete bed bath involves __________________

__________________________________________

__________________________________________

12. A partial bath involves bathing the

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

and ________________________________.

13. You need to give Ms. Mann a back massage. Before giving the massage, you need to observe the skin for:

A. ________________________________

B. ________________________________

C. ________________________________

D. ________________________________

14. After giving the back massage, you need to apply some lotion to Ms. Mann’s __________________

__________________________________________

__________________________________________

15. Back massages are dangerous for persons with:

A. ________________________________

B. ________________________________

C. ________________________________

D. ________________________________

E. ________________________________

16. Perineal care (pericare) involves ________________________________

17. What safety measures are practiced when giving perineal care?

A. ________________________________

B. ________________________________

C. ________________________________
Oral Hygiene and Bathing

True or false

Mark T for true or F for false.

1. _____ Hot water is used for cleaning dentures.
2. _____ Intact skin prevents microbes from entering the body and causing infection.
3. _____ Every culture has the same hygiene practices.
5. _____ A soft bristled tooth brush is used for brushing the person’s teeth.
6. _____ You are giving oral care to an unconscious person. The person’s mouth is held open with your fingers.
7. _____ A tub bath lasts no longer than 15 minutes.
8. _____ The towel bar can be used for support when the person gets in or out of the tub.
9. _____ Drain the tub before the person gets out of the tub.
10. _____ A back massage is safe for all persons.
11. _____ Follow the care plan for bathing method and skin care products.
12. _____ You are giving male perineal care. To clean the tip of the penis, start at the meatus of the urethra and work outward.

14. You are giving oral care to an unconscious person.
   To prevent aspiration, you need to:
   A. Explain the procedure to the person and provide for privacy
   B. Clean the mouth using sponge swabs moistened with a cleaning agent
   C. Position the person in a side-lying position with the head turned well to the side
   D. Place a kidney under the person’s chin

15. Which is not a rule for bathing?
   B. Provide for privacy.
   C. Cover the person for warmth and privacy.
   D. Wash from the dirtiest to the cleanest areas.

16. You are assisting Mr. Wilson with a tub bath. Which is false?
   A. Place a bath mat in the tub.
   B. Have him use grab bars when getting in and out of the tub.
   C. Use bath oils to soften his skin.
   D. Fill the tub half way with warm water (105° F, 40.5° C).

17. Which is not a safety measure for tub baths and showers?
   A. Clean and disinfect the tub or shower before and after use.
   B. Turn hot water on first, then cold water.
   C. Place needed items within the person’s reach.
   D. Fill the tub before the person gets into it.

18. You are giving Mr. Wilson a back massage. Which is false?
   A. Warm the lotion before applying it.
   B. The massage should last about 1 minute.
   C. Use firm strokes.
   D. Always keep your hands in contact with his skin.

19. Which statement about giving perineal care is true?
   A. Use hot water.
   B. Clean from the anal area to the urethra.
   C. Pat dry after rinsing.
   D. Always position the person in the side-lying position.

Multiple choice

Circle the best answer.

13. Oral hygiene:
   A. Prevents mouth odor and infection
   B. Is only done once a day
   C. Is not important for unconscious persons
   D. Allows build up of tartar and plaque
20. The following statements are about applying powder. Which is false?
   A. Shake powder directly onto the person.
   B. Powder can irritate the airway and lungs.
   C. Sprinkle a small amount of powder into your hands or a cloth.
   D. Apply the powder in a thin layer.