

5 (76-117) Personal Care Skills

(p. 76) Explain personal care of residents

Define hygiene, grooming, and AM & PM care.

Discuss important points about assisting with personal care:

Help the resident be as independent as possible.

Always explain what you will be doing.

Provide privacy.

Let the resident make as many decisions as possible.

Observe the resident during care.

Observe mental state of resident.

Report any changes.

Leave the resident's room clean and tidy.

Leave call light within reach.

Leave bed in lowest position.

Identify other resident needs that the CNA can meet while providing personal care.

Identify information CNA can obtain while providing care by asking questions making observations.

(p. 77) Describe guidelines for assisting with bathing

Identify observations to make while bathing.

Skin color, temperature, reddened areas

Mobility

Flexibility

Comfort or pain level

Strength and ability to perform ADLs

Mental and emotional state

Complaints

Discuss guidelines for bathing:

Baths are for health and well-being.

Bathing gives NAs a chance to observe residents' skin.

Bathing promotes circulation.

The face, hands, underarms, and perineum should be washed every day.

Complete baths are only needed qod or less often for elderly with dry, fragile skin.

Only use approved products.

Keep room temperature comfortable.

Make sure water temperature is safe and comfortable.

Do not leave a resident alone while bathing.

Remove all soap from resident's skin.

Keep a record of the bathing schedule.

Discuss important points in bathing procedures:

Importance of checking the temperature of the water.

Discuss changing bath water as needed (cool, soapy, dirty)

Identify making mitt to perform perineal care for the male & female resident step-by-step technique, which is a different technique for males and females.

turn the resident on side to do the anal area to complete the procedure.

Describe keeping the body parts covered with towels and a bath blanket for privacy and warmth.

Discuss safety guidelines for showers or tub baths:

Clean tub or shower before use.

Be sure floor is dry.
Be familiar with and use assistive devices as necessary.
Have resident use safety bars when getting in or out of tub or shower.
Keep resident covered during transport.
Place items within reach.
Do not leave resident alone.
Do not use bath oils.
Test water temperature to make sure it is safe and comfortable.

Giving a complete bed bath
Shampooing in bed
Giving a shower or a tub bath

(p. 84) Discuss guidelines for assisting with grooming
Discuss guidelines for assisting with grooming:
Residents should do as much for themselves as they can.
Let residents make as many choices as possible.
Follow the care plan.
Follow residents' preferred routines.
Be sensitive.
Only provide nail care if assigned.
Never cut toenails.
Discuss the importance of observation of the feet during foot care.
excessive dryness of the skin of the feet
breaks or tears in the skin
ingrown nails
reddened areas on the feet
drainage or bleeding
change in color of the skin or nails, especially
blackening
soft, fragile heels
corns and blisters
Define pediculosis and identify that symptoms should be reported.
Discuss important points of combing or brushing hair.
Be gentle. Handle hair carefully.
Brush in two-inch sections from the ends to the roots.
Define safety, electric and disposable razors.
Identify important points in shaving.
Wear gloves.
Safety razor must be sharp.
A beard must be softened with warm water before beginning, unless using an electric razor.

Providing fingernail care
Providing foot-care
Combing or brushing hair
Shaving a resident

(p. 90) Identify guidelines for good oral hygiene
Define oral care.
Identify observations to make in oral hygiene.
Irritation
Infection
Raised areas
Coated tongue
Ulcers

Flaky, white spots
Dry, cracked, bleeding, or chapped lips
Loose or decayed teeth
Swollen, irritated, bleeding, or whitish gums
Breath that smells bad or fruity
Mouth pain

Identify important points in flossing teeth.

Procedure starts from the back teeth.

Offer water for rinsing the mouth when finished.

Floss location should be changed every two teeth.

Define dentures.

Identify important points in denture care.

Handle dentures carefully.

Do not use hot water to clean dentures because that could warp them.

Define aspiration.

Discuss important points in performing mouth care for the unconscious resident

The purpose is cleanliness and to moisturize the mouth.

Different solutions could be used.

There is greater risk of aspiration if resident is unconscious. Turn resident's head to the side and use minimal solution.

Padded tongue blades may or may not be used in a particular facility.

Providing oral care

Flossing teeth

Cleaning and storing dentures

Providing oral care for unconscious resident

(p. 94) List guidelines for assisting with dressing

Define affected, weaker, and involved. and importance of not using: "bad" side or "bad" leg or arm.

Discuss guidelines for assisting the resident to dress and undress:

Preferences should be followed.

Allow resident to choose clothing.

Resident should do as much as possible.

Provide privacy.

Roll or fold stocking or socks down, slip over foot, and unroll into place.

Fasten bras in front first.

Place weak arm or leg through garment first.

Identify some adaptive devices that may be used in dressing.

Discuss the best types of clothes for residents who need assistance with dressing.

Discuss application of anti-embolic stockings.

Discuss intravenous therapy and observations CNAs can make.

Discuss changing a sleeve on an arm with an IV.

Dressing a resident with an affected (weak) right arm

Application of anti-embolic stockings

(p. 96) Explain guidelines for assisting with toileting

Define fracture pan and portable commode.

Discuss the differences in the regular bedpan and the fracture pan. Figure 5-31 (p. 96),

Discuss the importance of promoting dignity, providing privacy while assisting residents with toileting.

Discuss the important points of assisting resident with use of bedpan

Provide privacy.
Protect the bed from soiling.
Leave call light for resident.
Stay close outside the room until resident is finished.
Provide perineal care.
Note contents of bedpan.
Discard soiled toilet paper, gloves, and washcloths.
Have resident wash hands.

Discuss the important points of assisting a male resident with a urinal
Privacy and cleanliness are important.
Have resident wash hands after urination.
Rinse and disinfect urinal after use.
Show the students how to position urinal if resident is unable.

Discuss the important points of helping a resident use a portable commode
Provide privacy.
Place call light and toilet paper within resident's reach.
Demonstrate removal of waste container for emptying
into the toilet or to measure output.

Define incontinence.

Discuss important points about incontinence:
It is not a normal part of aging.
Be reassuring, understanding, caring and empathetic.
Offer bedpan or trips to the bathroom frequently.
Keep residents clean, dry, and free from odor.
Change wet briefs immediately.
Give good skin care. Give good perineal care.
New MDS-any time resident's skin or anything
touching it is wet from urine is episode of incontinence.

Discuss important points in incontinence care:
Females:
Use clean washcloths and water.
Clean from front to back (clean to dirty).
Use single stroke each side then middle of perineal area.
Turn washcloth to clean side and spread outside folds of perineal skin.
Wipe with soap and water. Rinse.
Turn on side and do anal area, then dry it.
Males:
Use clean washcloths and water.
Wash penis in circular motion from top to base.
Rinse washcloth and do scrotum and groin.
Rinse and dry area.
Turn and do anal area and dry it.

Define the following terms:
Constipation
Suppository
Enema
Fecal impaction

Discuss safety with enemas stopping the procedure if the resident complains
of pain.
Discuss safety/stopping procedure if the resident complains of pain

Assisting resident with use of bedpan
Assisting male resident with a urinal
Helping person with portable commode
Provide perineal care incontinent resident
Brief application

(p.103) Identify guidelines for good skin care
Define the following terms:

Pressure points
Bony prominences
Pressure sores

Discuss the common sites for pressure sores. Emphasize the importance of observation to prevent pressure sores.

Explain the four stages of pressure sores and the characteristics of each stage:

Stage 1: Area where skin is intact but there is redness that is not relieved within 15 to 30 min. after removing pressure.

Stage 2: Partial skin loss involving the outer and/or inner layer of skin. The ulcer is superficial.

It looks like a blister or a shallow crater.

Stage 3: Full skin loss involving damage or death of tissue that may extend down to but not through the tissue that covers muscle. The ulcer looks like a deep crater.

Stage 4: Full skin loss with major destruction, tissue death, damage to muscle, bone, or supporting structures.

Review skin observations to report.

Pale, white, red, or purple areas; blisters or bruises

Tingling, warmth, or burning

Dry or flaking skin

Itching or scratching

Rash or discoloration

Swelling, blisters, broken skin

Fluid or blood draining

Wounds or ulcers

Changes in existing wound (size, depth, drainage, color, or odor)

Redness or broken skin (toes or toenails)

In ebony skin: change in feel of tissue or appearance of skin, that such as orange-peel look, purplish hue, and dry crust-like areas orange-peel look, purplish hue, and dry crust-like might be covering a tissue break

Discuss the guidelines for skin care:

Report changes in resident's skin.

Provide regular skin care.

Reposition frequently. (Keep pressure off.)

Change clothing and linen often. (Clean, dry, air circulation)

Avoid scratching or irritating skin; report blisters or sores on feet.

Massage skin frequently. Do not massage white, red, or purple areas.

Avoid pulling or tearing skin.

Barrier creams as directed.

Discuss care for residents who are at a high risk for pressure sores (bed-bound):

Keep bottom sheet tight and wrinkle-free.

Avoid shearing.

Use special protective aids such as:

Sheepskin or chamois under back and buttocks

Sheepskin or foam rubber under bony prominences

Flotation pads on bed or chair

Reposition residents in chairs and wheelchairs often.

Define draw sheet.

Review the guidelines for using positioning devices:

Backrests

Bed cradles

Draw sheets

Foot-boards

Hand rolls

Splints

Giving a back rub

(p.107) Explain the guidelines for safely positioning and transferring residents

Define positioning.

Review the principles of proper body mechanics (chapter 2).

Define ergonomics, transfer belt, and sliding board.

Review guidelines for wheelchairs/geri-chairs:

Know how to use the brake and footrests.

Assist resident as needed by having chair close and wheels locked.

Know how to open and close wheelchairs.

Know how to remove and attach armrests and footrests.

Go backwards when moving down a ramp, should face the top of the ramp.

When using an elevator, turn the chair around before entering it, so the resident faces forward in the elevator.

If the resident needs to be moved back in the wheelchair or geriatric chair (geri-chair), go to the back of the chair. Reach forward and down under the resident's arms. Ask resident to place his feet on the ground and push up. Pull the resident up in the chair while the resident pushes.

Be careful with tray tables on geri-chairs.

Ask resident how you can assist.

Discuss what to do if a resident starts to fall, including these important points:

Widen your stance.

Bring resident's body close to you.

Bend knees and support resident.

Lower resident to floor.

Do not try to stop the fall.

Call for help.

Do not get resident up.

Take vital signs.

Report incident to the nurse.

Discuss important points about mechanical lifts:

Lifts help prevent injury.

Never use equipment you have not been trained to use.

Assisting resident to move up in bed

Moving a resident to the side of the bed

Turning a resident

Logrolling a resident with one assistant

Assisting resident to sit up on side of bed: dangling

Transferring a resident from bed to wheelchair

Transferring resident using mechanical lift