

REVIEW POINTS IN 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.

Safety guidelines for showers or tub baths:

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

Observe and Report

- Skin color, temperature, reddened areas

- Mobility
- Flexibility
- Comfort or pain level
- Strength and ability to perform ADLs
- Mental and emotional state
- Complaints

Providing foot care

- Emphasize that observation of the feet during foot care is important.

Observe and Report

- 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

Oral care.

Observe and Report

- 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

Procedure: Assisting resident with use of bedpan

Point out the following:

- 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.