

Providing Personal Care

1. Always identify yourself.
2. Let client know what care you are providing.
3. **WASH YOUR HANDS!**
4. **Gather your supplies so you don't have to leave your client.**
5. **Assess your client's skin for any abnormalities.**
 - a. Report to BarbaraKares & document findings.
6. **If the client is able to assist, Please allow them too.**

Bathing

1. Wash face.
 - a. inside-out (start inner eye near nose outward)
2. Make sure use warm water.
3. Keep client covered only expose what is being washed.
4. Make sure to remove all soap residue.
5. Change water when it becomes soapy or dirty.
6. Dry all areas between skinfolds, toes & feet.

Grooming

Make sure the client is neat, clean, well groomed & dressed appropriately.

Ex. Face washed, hair combed/brushed, teeth brushed/dentures, & free from odor.

Personal hygiene video:
<https://youtu.be/ls3S0kkvs5w>



Dental Care

1. Prior to brushing the client's teeth, lay wash cloth in sink to prevent damage if accidental fall.
2. Brush & rinse.

Shaving with Electric Razor

1. If client can shave themselves, allow.
2. Use back & forth strokes.
3. Apply moisturizer or aftershave if client wants it .
4. Clean shaver.

Positioning Client

1. Encourage client to assist as much as possible.
2. Ask for assistance if needed
3. Raise client's bed (if hospital bed) to your waist level.
4. Avoid friction & shearing.
5. Use proper body mechanics.

Shaving with Razor

1. Have proper lighting.
2. Up right position if possible but can shave while in bed.
3. Place towel in lap or under chin.
4. Always allow client to shave themselves and assist if needed.
 - a. Wash face with water
 - b. Apply shaving cream.
 - c. Shave in downward motion.
 - d. Press razor firmly to skin but not to hard.
 - e. Use short strokes being careful around adams apple, mouth, nose, chin.
 - f. Rinse blade after every few strokes.
 - g. Use a warm, moist face cloth to remove leftover lather.
 - h. Dry area.
 - i. Apply moisturizer or an aftershave if client wants it.