

Chapter 19

Grooming Needs

Lesson 18.1

- Define the key terms and key abbreviations in this chapter.
- Explain why grooming is important.
- Explain how to safely provide grooming measures—hair care, shaving, nail and foot care, and changing garments.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

Grooming

- Grooming measures:
 - Prevent infection and promote comfort
 - Affect love, belonging, and self-esteem needs

Hair Care

- You assist patients and residents according to the care plan:
 - With brushing and combing hair
 - With shampooing
- The nursing process reflects:
 - The person's culture
 - Personal choice
 - Skin and scalp condition
 - Health history
 - Self-care ability

Hair Care (Cont.)

- Skin and scalp conditions:
 - Alopecia is hair loss.
 - Hirsutism is excessive body hair.
 - Dandruff is the excessive amount of dry, white flakes from the scalp.
 - Pediculosis (lice) is the infestation with wingless insects.
 - Infestation means being in or on a host.
 - Pediculosis capitis is the infestation of the scalp with lice.
 - Pediculosis pubis is the infestation of the pubic hair with lice.
 - Pediculosis corporis is the infestation of the body with lice.
 - Scabies is a skin disorder caused by female mites.

Hair Care (Cont.)

- Brushing and combing hair
 - Encourage patients and residents to do their own hair care.
 - Assist as needed.
 - The person chooses how to brush, comb, and style hair.
 - Daily brushing and combing prevents mats and tangles.
 - Do not braid hair without the person's consent.
 - Never cut hair for any reason.
 - Special measures are needed for curly, coarse, and dry hair.

Shampooing

- Many factors affect frequency.
- The shampoo method depends on:
 - The person's condition
 - Safety factors
 - Personal choice
- The nurse tells you which method to use.
 - Shampoo during the shower or tub bath
 - Shampoo at the sink
 - Shampoo on a stretcher
 - Shampoo in bed

Shaving

- Many men shave for comfort and mental well-being.
- Many women:
 - Shave their legs and underarms
 - Shave coarse facial hair
 - Use other hair removal methods
- Safety razors or electric shavers are used.

Shaving (Cont.)

- Safety razors (blade razors):
 - Involve razor blades
 - Can cause nicks and cuts
 - Are not used on persons who have healing problems or those who take anticoagulant drugs
 - An anticoagulant prevents or slows down blood clotting.
- Soften the beard before using an electric shaver or safety razor.

Shaving (Cont.)

- Caring for mustaches and beards
 - Mustaches and beards need daily care.
 - Ask the person how to groom his mustache or beard.
 - Never trim a mustache or beard without the person's consent.
- Shaving legs and underarms
 - This practice varies among cultures.
 - Legs and underarms are shaved after bathing.

Nail and Foot Care

- Nail and foot care prevents infection, injury, and odors.
- Hangnails, ingrown nails, and nails torn away from the skin cause skin breaks.
- Long or broken nails can scratch skin or snag clothing.
- Dirty feet, socks, or stockings harbor microbes and cause odors.

Nail and Foot Care (Cont.)

- Injuries occur from:
 - Stubbing toes
 - Stepping on sharp objects
 - Being stepped on
 - Shoes that fit poorly
- Poor circulation prolongs healing.
 - Diabetes and vascular diseases are common causes.
- Infections or foot injuries are very serious for older persons and persons with circulatory disorders.

Nail and Foot Care (Cont.)

- Trimming and clipping toenails can easily result in injuries.
- Nails are easier to trim and clean right after soaking or bathing.
 - Use nail clippers to cut fingernails.
 - Never use scissors.
- Some agencies do not let nursing assistants cut or trim toenails.
 - Follow agency's policy.

Changing Garments

- Follow these rules:
 - Provide for privacy.
 - Encourage the person to do as much as possible.
 - Let the person choose what to wear.
 - Make sure the right under-garments are chosen.
 - Remove clothing from the strong or “good” (unaffected) side first.
 - Put clothing on the weak (affected) side first.
 - Support the arm or leg when removing or putting on a garment.

Dressing and Undressing

- Dressing and undressing
 - Some patients and residents dress and undress themselves.
 - Others need help.
 - Personal choice is a resident right.
 - Let the person choose what to wear.

Changing Patient Gowns

- Changing hospital gowns
 - Many hospital patients wear gowns.
 - So do some nursing center residents.
 - Gowns are usually worn for IV (intravenous) therapy.
 - If there is injury or paralysis, the gown is removed from the strong arm first.
 - Support the weak arm while removing the gown.
 - Put the clean gown on the weak arm first and then on the strong arm.