

Personal Hygiene Care

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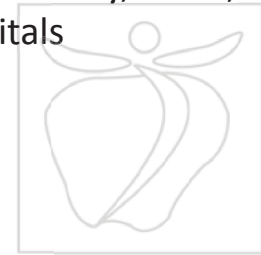
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Personal hygiene

- Basic human needs
- Hygienic rules (eg. age)
- Taking care of skin, hair, face, (oral cavity, teeth, eyes, nose, ear), hands, feet, genitals
- Attitude



Hygienic nursing

➤ Individual tasks of the nurse

➤ Survey

- Current state of the patient
- Activeness, factors preventing self-caring
- Rate of charging the patient
- Cardinal symptoms
- Individual symptoms
- Physical state of the skin



Taking care of the skin

➤ The healthy integument

- Anatomical properties according to age
- Whole, hurtless
- Smooth, soft
- Resilient and taut



Survey

- Taking up anamnesis in terms of hygienic habits
- The patient's habit, opinions, culture, state of development, health condition
- Ideal timing (in the morning, at night, in the day time)
- Pain
- International recommendations



Skin care

- Influences on the bathing of the patient:
- His/her activeness
 - Strength of his/her muscles
 - His/her wishes
 - His/her ability of coordination
 - General condition
 - Nature of his/her disease
 - His/her age



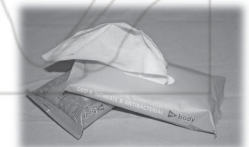
Skin care

- Preventing diseases
- Comfort feeling, feeling of trimness
- Comfort feeling increase
- Improves circulation, the development of bed-sore can be prevented



Skin care

- Complete bathing in bed (complete)
- Bathing in bed (partial)
- Bathing in the bathroom (bath), showering (shower)
- Bathing without water - bathing with bathing towel – complete and partial
- Bathing with towel (complete bathing in bed)
- Therapeutic bathings



Skin care

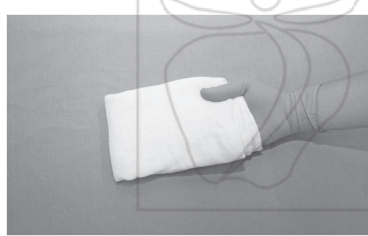
1. eyes
2. face (not in rubber gloves if possible)
3. the arm that is closer, then the other
4. chest
5. back
6. sacrum area, rectal area
7. legs
8. genitalia



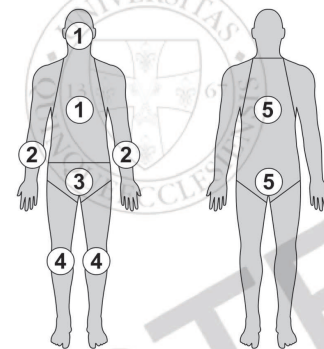
bathing in bathroom



towels



Bathing towels

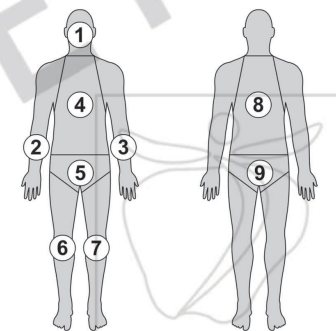


SZEMBŐL
5 towels

HÁTULÓL

+ 8 towels

10 towels



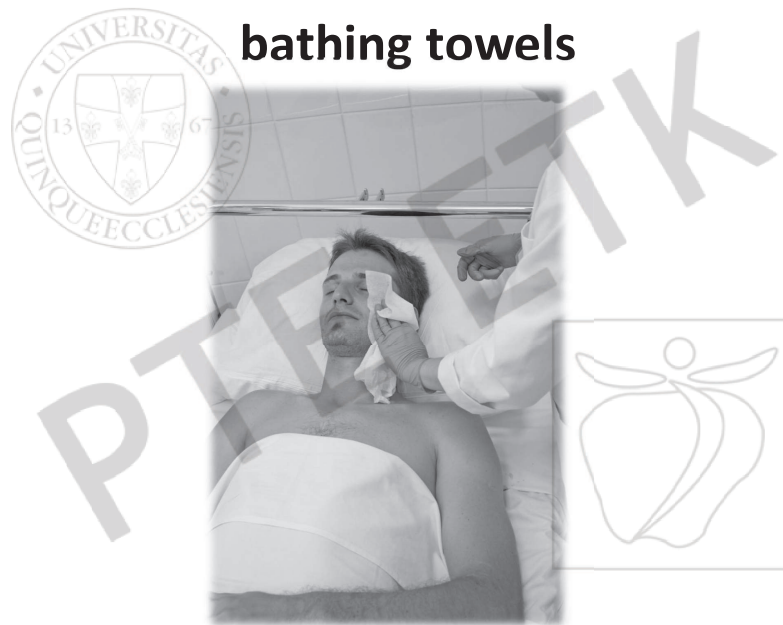
SZEMBŐL

HÁTULÓL

bathing towels



bathing towels



bathing towels



bathing towels

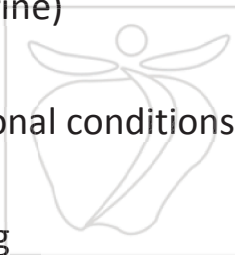




bathing with (one) towel

Taking care of the perineum

- Catheterize, rectal-genital surgeries , post-partum women, menses
- After each defecation (stool, urine)
- Appropriate material and personal conditions
- Appropriate therapeutic setting



Taking care of feet and nails

➤ Medical pedicure

- Elder age
- Diabetes
- Heart and circulation diseases
- Nephritic diseases



Taking care of feet and nails

In case of patients with diabetes

- Shall check his/her legs (mirror) - injuries
- Daily leg-care, wash - check the temperature of the water
- Disorder of sensation
- Dry hi/her skin
- Hydrate his/her skin
- Appropriate socks and shoes - not with barefoot



Oral care

➤ Serves the health of oral cavity, teeth, gum and lips.

- Tooth brushing
- Caring of dental prosthesis
- Oral care at unconscious patients



Oral care



Taking care of hair-hairs

- Combing:
- better circulation of the skin of the head
 - removing dust and contaminations



Taking care of hair-hairs

- Washing the hair - out- or in-patient





Caring of piercing

- Older or newer jewel?
- Remedies containing iodine (Betadine)
- Avoid water, soap or shower gel
- Removing?



Caring of eyes



- Soak up dried secretion
- Unconscious patient - wet lint, false tear, eye drops
- Always clean water
- From the inwards to outwards of the eye
- Caring of contact lenses



Cleaning of ears

- Cleaning of the external acoustic duct
- Cleaning of hearing aid

Caring of nose

- Removing nose secretion
- Using suction catheter
- Safety of mucosa and the surrounding skin surface

