

Personal Care

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Outline

Lecture presentation

- **Basic Hygiene**
 - Bathing, oral care, getting dressed
- **Bowel & Bladder care**
 - Healthy bowel & bladder, problem cases
- **Skin care**
 - Skin care, nutrition & hydration, pressure ulcers/sores
- **Mental health**
 - Wellness, depression, stress & burnout, strategies

Breakout stations (15 min. each station)

- **Oral Hygiene**
- **Perineal care**
- **Caregiver distress assessment**
- **Positioning**

Basic Hygiene

Includes:

- Bathing
- Oral care
 - Dentures
- Getting dressed

Bathing



- Let the person do as much as you can
- Gather the supplies
- Make the room comfortable and safe
- Monitor the water temperature
- Place all supplies within reach
- Assess for fall risks

Oral Hygiene



- **Tooth brushing techniques**
- **Positioning for oral hygiene**
- **Dental appointments**

Oral Hygiene :

Denture Cleaning



- Dentures need to be cleaned everyday.
- Be careful not to drop them.
- It is best to rinse dentures after eating
- Do not use regular toothpaste.
- Use minimal amount of denture adhesive.

Getting Dressed

- Provide privacy
- Provide independence
- Set a routine
- Make decisions
- Be respectful
- Always offer
- Set a routine

Source: D. (n.d.). How Caregivers Can Assist With Dressing. Retrieved December 14, 2017, from <https://www.dementia.org/how-caregivers-can-assist-with-dressing>



Bowel & Bladder Care

Includes:

- **Care for healthy cases**
- **Care for problem conditions**
 - **Incontinence**
 - **Constipation**
 - **Infections**

Healthy bowel & bladder: Continence



Important points

Always be present & respectful with client!

Toileting should be offered:
every 4- 8 hours

**Minimum amount of urine in 8 hours:
1 cup**

**Bowel movement:
every 1- 3 days**

Common bladder problem: Incontinence

Unable to control urination

Response



Common bowel problems:

- Incontinence

Unable to control defecation (bowel movements)

- Constipation

Absence of bowel movement for more than 3-4 days

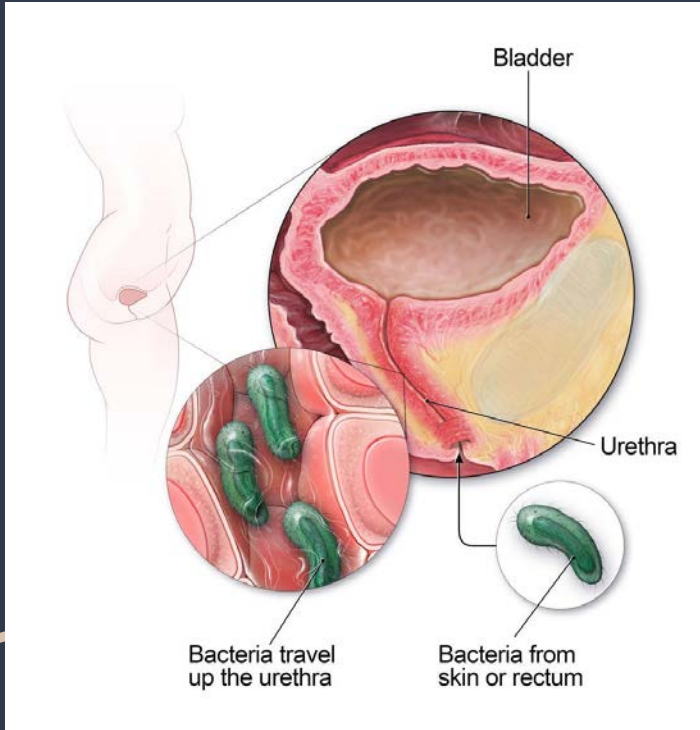
Response

- Diet
- Fluids
- Exercise
- Routine



Source: NIH/NIDDK – Health Information: constipation and diet

Urinary Tract Infection



Warning Signs

- Frequent urination
- Urgency to urinate
- Pain or burning while urinating
- Stomach, back, perineal pain
- Cloudy, bloody urine
- Fever (< 101 F)
- Confusion

Skincare

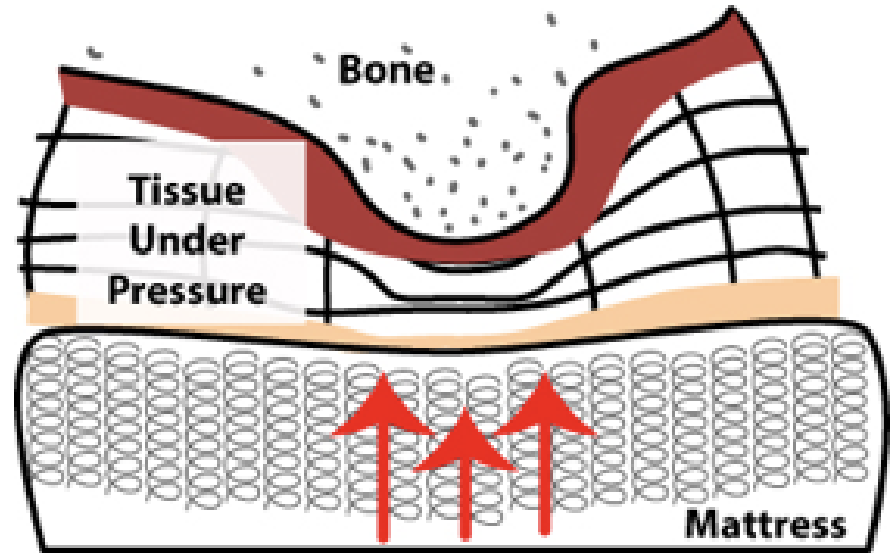


- Skin Care
 - Check skin on daily basis
 - Bathe using warm water & mild soap
 - Use moisturizers for dry skin
 - Keep skin clean & dry
 - Avoid massage over bony prominences
 - Assess and treat incontinence
- Nutrition and hydration
 - Well-balanced diet
 - Proper fluid intake

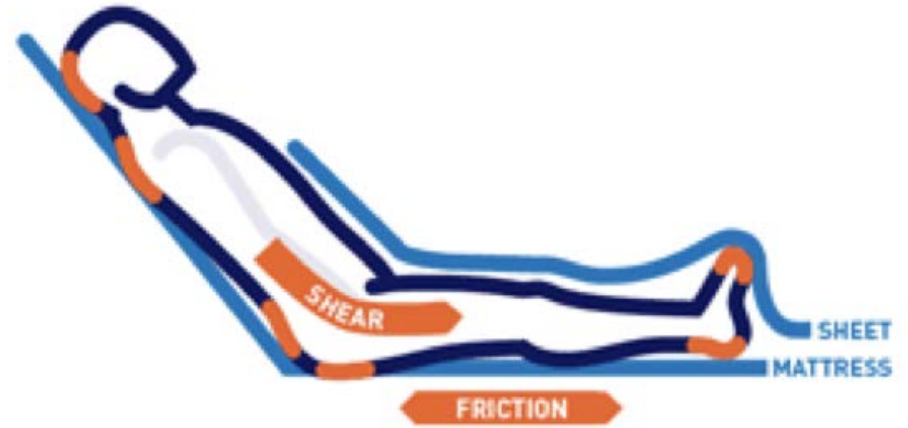


Pressure Ulcers

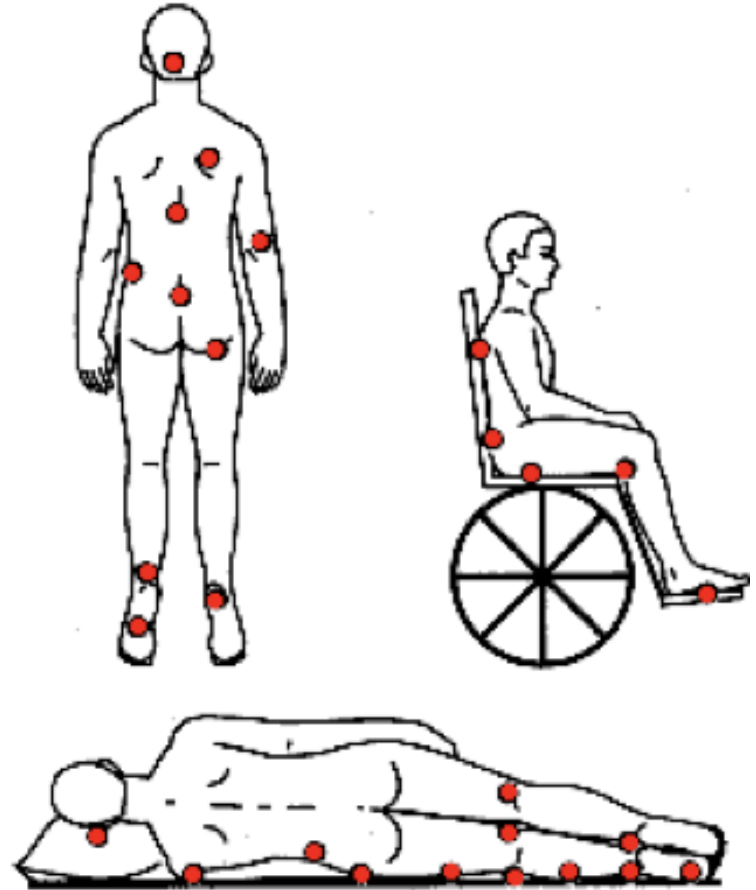
(bed sores,
pressure sores,
decubitus ulcers)



Pressure Ulcers Risk Factors



Common places to find a pressure ulcer



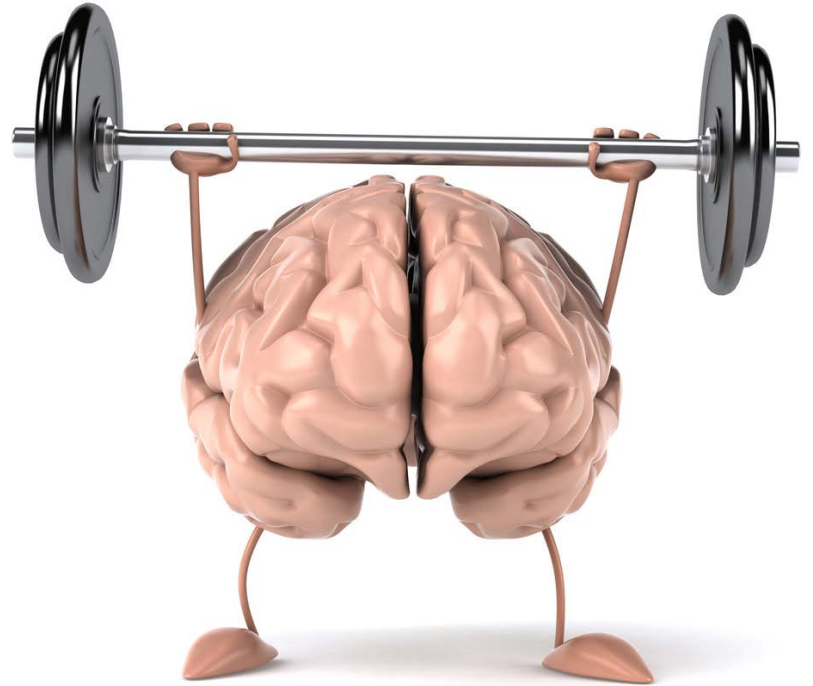
When to check the skin



Pressure Ulcer Signs



We have to be
mentally healthy to
be physically
healthy!



Dimensions of Wellness



Caregivers need care too!

- Focus on what you are able to provide
- Set realistic goals
- Accept help
- Get connected with a support group or caregiving resources
- Seek social support
- Give yourself a break
- Set personal health goals
- Find a personal space
- Unplug



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