

## Self-study guide for Hygiene.

The learner will be able to apply the nursing process in case studies and discussions relating to the plan care of a patient experiencing alterations in Self-care: Hygiene

- a. List the functions of the skin, factors influencing the skin's condition, and basic principles that guide practices to skin care.
- b. Assess the integument system and adequacy of self-care of hygiene.
- c. Discuss how personal hygiene practices may vary widely from person to person and culture to culture.
- d. Identify factors affecting skin condition and personal hygiene
- e. Identify how hygiene is scheduled throughout the day in a hospital setting
- f. Describe the priorities of scheduled hygienic care
- g. Distinguish between the different classifications of hygiene assistance required
  1. Self-care
  2. Partial care
  3. Complete care
- h. List the purposes of bathing.
- i. Identify the nursing responsibilities involved in hygiene care regarding:
  1. Tub or shower baths for ambulatory patients
  2. Bed baths for self-care patients.
  3. Bed baths for partial-care patients
- j. Identify the aspects of oral care for both
  1. Conscious patients
  2. Unconscious patients
- k. Identify aspects of care of dentures
- l. State technique for care of the eyes
- m. Discuss technique and legal aspects for care of the hair.
- n. Discuss technique and psychological aspects for care of the perineal area for males and females.
- o. Identify nursing responsibilities for the care of a patient with TEDS.
- p. Discuss the implications of the back rub.
- q. Identify safety features of a typical hospital bed.
- r. State guidelines for bedmaking for both:
  1. Unoccupied beds
  2. Occupied beds
- s. Identify the components of a bedside unit
- t. State the elements of a safe bedside unit
- u. Develop nursing diagnoses related to deficient hygiene measures.
- v. Read in the Immobility chapter on anti-embolism stockings