



Nursing

NTQF Level III

Learning Guide # 29

Unit of Competence: Performing Basic Nursing Care Procedures and Techniques

Module Title: Performing Basic Nursing Care

LG Code: CON MAS2 M01 L07-07

TTLM Code: CON MAS2 TTLM 0112v1

LO 7: Provide hygienic care for patients

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics –

- 3.1 Hygienic care
 - 3.1.1 General principles and purpose
 - 3.1.2 Types of hygienic care
 - 3.1.3 Precautions and contraindications
- 3.2. Bathing

This guide will also assist you to attain the learning outcome stated in the cover page. Specifically, upon completion of this Learning Guide, you will be able to –

State the purposes of giving mouth care

- Demonstrate the skill of assisting a client with oral care
- Demonstrate for cleansing and caring for dentures
- Demonstrate caring for client’s fingernails, and toes nails, addressing reasons for attention of each other.
- List reasons for routine hair care
- Describe and demonstrate giving a backrub, hand and foot massage, and foot soak
- Demonstrate how to assist a client with cleansing bath.

Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described
3. Read the information written in the “Information Sheet” Accomplish the “Self-check
4. Ask from your teacher the key to correction (key answers) or you can request your teacher to correct your work. (You are to get the key answer only after you finished answering the Self-check).
5. If you earned a satisfactory evaluation proceed to “ next Information Sheet”. However, if your rating is unsatisfactory, see your teacher for further instructions or go back to Learning Activity.
6. Submit your accomplished Self-check. This will form part of your training portfolio.
7. Read the information written in the “Information Sheet ”. Try to understand what are being discussed. Ask you teacher for assistance if you have hard time understanding them.
8. Accomplish all self check

Information Sheet-1	Key terminology
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- Bad breath (**halitosis**)
- Dental caries (**cavities**)
- Deposit on surface of teeth ;a film of saliva ,mucus and food residues that builds up on the surface of teeth and can cause the gum disease (**Plaque**)
- Periodontal disease (**pyorrhea**)
- Inflammation of the gums (**gingivitis**)
- Inflammation of the oral mucosa (**stomatitis**)
- Flossing;-It removes residues particles between the teeth

Types of Bedpan

- 1.The high back, or regular pan (standard pan)
2. A fracture, the slipper or low back pan

Advantage

- ⇒ Has a thinner rim than as standard bed pan
- ⇒ Is designed to be easily placed under a person's buttocks

Disadvantage

- ⇒ Easier to spill the contents of the fracture pan
- ⇒ Are useful for people who are
 - a. Paralyzed or who cannot be turned safely (e.g. Spinal injury)
 - b. Confined in a body or long leg cast
 - c. Immobilized by some types of fracture
 - d. Very thin or emaciated
- 3. The pediatric bedpan
 - Are small sized
 - Usually made of a plastic

B. Bath (Bathing and Skin Care)

It is a bath or wash given to a patient in the bed who is unable to care for himself /hersel

Information sheet 2	Mouth Care
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2.1 Purpose

- To remove food particles from around and between the teeth
- To remove dental plaque to prevent dental caries

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- To increase appetite
- To enhance the client's feelings of well-being
- To prevent sores and infections of the oral tissue
- To prevent bad odor or halitosis

2.1 Equipments

- Toothbrush (use the person's private item. If patient has none use of cotton tipped applicator and plain water)
- Tooth paste (use the person's private item. If patient has none of use cotton tipped applicator and plain water)
- Cup of water
- Emesis basin
- Towel
- Denture bowl (if required)
- Cotton tipped applicator, padded applicator
- Vaseline if necessary

2.3 Mouth Wash Solutions

1. Normal solution: a solution of common salt with water in proportion of 4 gm/500 cc of water
2. Hydrogen peroxide – 5-20 cc (in water)
3. KMNO₄ – in crystal form
4cc or KMNO₄ solution in a glass of water (1:700) or one small crystal in a glass of water
4. Soda-bicarbonate solution: 4 gm. of soda in pint of water
5. Thymal solution: ¼ - ½ TSF of thymal in one cup of water (100-150 cc of water)
6. Lemon juice: 2TSF lemon juice in a cup of water – an improvised method for mouth wash
7. Hexedine

It is a bath or wash given to a patient in the bed who is unable to care for himself/herself.

Cleansing bath: Is given chiefly for cleansing or hygiene purposes and includes:

- Complete bed bath: the nurse washes the entire body of a dependent patient in bed
- Self-help bed bath: clients confined to bed are able to bath themselves with help from the nurse for washing the back and perhaps the face Partial bath (abbreviated bath): only the parts of the client's body that might cause discomfort or odor, if neglected are washed the face, hands, axilla, perineum and back (the nurse can assist by washing the back) omitted are the arms, chest, and abdomen.
- Tub bath: preferred to bed baths because it is easier to wash and rinse in a tub. Also used for therapeutic baths
- Shower: many ambulatory clients are able to use shower
- The water should feel comfortably warm for the client

- People vary in their sensitivity to heat generally it should be 43-46 oc (110-115of)
- The water for a bed bath should be changed at least once

Before bathing a patient, determine

- a. The type of bath the client needs
- b. What assistance the client needs
- c. Other care the client is receiving – to prevent undue fatigue
- d. The bed linen required

Note: *when bathing a client with infection, the caregiver should wear gloves in the presence of body fluids or open lesion.*

Principles

- Close doors and windows: air current increases loss of heat from the body by convection
- Provide privacy – hygiene is a personal matter & the patient will be more comfortable
- The client will be more comfortable after voiding and voiding before cleansing the perineum is advisable
- Place the bed in the high position: avoids undue strain on the nurses back
- Assist the client to move near you – facilitates access which avoids undue reaching and straining
- Make a bath mitt with the washcloth. It retains water and heat better than a cloth loosely held
- Clean the eye from the inner canthus to the outer using separate corners of the wash cloth – prevents transmitting micro organisms, prevents secretions from entering the nasolacrimal duct
- Firm strokes from distal to proximal parts of the extremities increases venous blood return

Purpose Bed bath:

- To remove transient moist, body secretions and excretions,
 - and dead skin cell
 - To stimulate circulation
 - To produce a sense of well being
 - To promote relaxation, comfort and cleanliness
 - To prevent or eliminate unpleasant body odors
 - To give an opportunity for the nurse to assess ill clients
 - To prevent pressure sores

Two categories of baths given to clients

- Cleansing
- Therapeutic

Bed Bath

Equipment

- Trolley
- Bed protecting materials such as rubber sheet and towels
- Bath blanket (or use top linen)
- Two bath towels
- Wash cloth
- Clean pajamas or gown
- Additional bed linens
- Hamper for soiled clot

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- Basin with warm water (43-46°C for adult and 38-40°C for children)
- Soap on a soap dish
- Hygienic supplies, such as, lotion, powder or deodorants (if required)
- Screen
- Disposable gloves
- Lotion thermometer (if available)

Back Care (massage): includes the area from the back and shoulder to the lower buttocks

Purpose

- To relieve muscle tension
- To promote physical and mental relaxation
- To improve muscle and skin functioning
- To relieve insomnia
- To relax patient
- To provide a relieve from pain
- To prevent pressure sores (decubitus)
- To enhance circulation

Equipment

- Basin of warm water
- Washcloth
- Towel
- Soap

Note

- *The duration of a massage ranges from 5-20 minutes*
- *Remember the location of bony prominence to avoid direct pressure over these areas*
- *Frequent positioning is preferable to back massage as massaging the back could possibly lead to subcutaneous tissue degeneration.*

NB. Backrub requires special skills as it might cause subcutaneous tissue degeneration; mainly in elderly.

Step1;-Prepare the pt:

- Explain the procedure
- Assist the patient to a sitting position in bed (if the health condition permits). If not assist the patient to side lying with the head on pillows.
- Place the towel under the pt's chin.
- If pt confined in bed, place the basin under the pt's chin

Step 2. Brush the teeth

- Moisten the tooth with water and spread small amount of tooth paste on it
- Brush the teeth following the appropriate technique.
- Brushing technique
- Hold the brush against the teeth with the bristles at up degree angle.
- Use a small vibrating circular motion with the bristle at the junction of the teeth and gums use the some action on the front and the back of the teeth.
- Use back and forth motion over the biting surface of the teeth.
- Brush the tongue last

Step 3. Give pt water to rinse the mouth and let him/her to spit the water into the basin.

- Assist patient in wiping the mouth

Step4. Recomfort the pt

- Remove the basin
- Remove the towel
- Assist the patient in wiping the mouth
- Reposition the patient and adjust the bed to leave patient comfortably

Step 5. Give proper care to the equipments

Step 6. Document assessment of teeth, tongue, gums and oral mucosa. Report any abnormal findings.

1. Wrap one end of the floss around the 3rd finger of each hand
2. To floss the upper teeth. Use the thumb and index finger to stretch the floss. Move the floss up and down between the teeth from the tops of the crowns to the gum
3. To floss the lower teeth, use your index fingers to stretch the floss

Note: If the patient has denture, remove them before starting and wash them with brush

Mouth care for unconscious patient

- Position
 - Side lying with the head of the bed lowered, the saliva automatically runs out by gravity rather than being aspirated by the lungs or if patient's head cannot be lowered, turn it to one side: the fluid will readily run out of the mouth, where it can be suctioned
 - Rinse the patient's mouth by drawing about 10 ml of water or mouth wash in to the syringe and injecting it gently in to each side of the mouth
 - If injected with force, some of it may flow down the clients throat and be aspirated into the lung
 - All the rinse solution should return; if not suction the fluid to prevent aspiration

Giving and Receiving Bedpans and Urinals

- Bedpan is a material used to receive urine and feces in females and feces in male
- Urinal -is used to receive urine
- Are of two types male and female

Procedures

1. Prepare the patient unit
 - Close windows and doors, use screen to provide privacy.
 2. Prepare the patient and the bed
 - Place the bed in high position to reduce undue strain on the nurse's back
 - Remove pt's gown and pajamas
 - Assist pt to move toward you so it facilitates access to reach pt without undue straining. Position the pt in supine, semi -Fowler's or Fowler's depending on the pt's condition
 - Check the temperature of the water using lotion thermometer /back of the hand.
 3. Make a bath with the washcloth, so it retains water and heat than a cloth loosely held
 4. Washing body parts
 - Expose only the parts of the patient's body being washed avoid unnecessary exposing.
 - Wash, rinse and dry each body parts thoroughly using washing towels and paying particular attention to skin folds.
 - Suggested order for washing body parts; Face, ear,neck
- ⇒ Arms and hands further away from the nurse
 ⇒ Chest
 ⇒ Arms and hands nearest to the nurse
 ⇒ Buttocks and genital area
 ⇒ Change the water after it gets dirty
 ⇒ If possible assist patient to wash own face, hands, feet and genital area by placing the basin on bed.

Assist the patient with grooming

- Apply powder lotion or deodorants (of pt uses)
- Help patient to care for hair, mouth and nails.

5. Recomfort the patient

- Change linen if soiled
- Arrange the bed
- Put pt in comfortable position
- Remove the screen
- Give proper care of materials used for bathing
- Document and report pertinent data
- Observation of the skin condition
- General appearance or reaction of the pt
- Type of bath give

Report any abnormal findings to the nurse in charge

- ⇒ Arms and hands nearest to the nurse
 ⇒ Buttocks and genital area
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Procedure

1. Prepare the pt and pt's unit

- Provide privacy by using screen or closing windows and doors.
- Assist pt to move close to your working side
- Position patient prone (lie on abdomen) if possible. If not because of the pt's condition, use side lying position with the pt facing away from you.
- Expose the back of the pt.
- Spread towel close to pt's back to protect foundation of the bed.
- Wash the back with warm water and soap using wash towel, rinse and dry it (if it is not given with bath)

2. Massaging the back

- Pour small amount of lotion (oil) on your palm and rub your palms together to warm the lotion (oil) before massaging.
- Massage the back using appropriate technique

Technique for Backrub (massage)

- Rub towards the neck line using long, firm, smooth strokes
- Pause at the neckline, using your fingers to massage the side of the neck.
- With a kneading motion, rub out along the shoulders continue the kneading motion and move down on each side of the trunk with both hands until you are again at the sacral area.
- Then, placing your hands side by side with the palms down, rub in figure of 8 patterns over the buttock and sacral area.
- Massaging back using appropriate techniques (Light pressure to smooth, heavy pressure to stimulate).
- Next, again using the kneading motion, move up the sides (about the vertebra) through the intrascapular space towards the shoulder.
- Ask the pt if there is any area that he/she would especially like to be rubbed.
- Complete the back rub using long, firm strokes up and down the back. (shoulder to sacrum and back to shoulder).

3. Re comfort the pt.

- Mop extra oil/lotion from the pt's back using towel.
- Apply powder / alcohol to dry further moisture from the back, if the skin is moist in its nature
- Dress up the pt's pajama and replace the top cover.
- Reposition the pt.
- Leave the pt comfortably

4. Give proper care of equipments

5. Document the procedure, your observations and pt's reactions

- Report any abnormal observations on the skin of the back (such as signs of pressure sore) to the nurse and physician in charge of the pt.

Three Types of Massage Strokes

1. Effleurage: stroking the body

2. Light, circular friction and straight, deep, firm, strokes

3. Petrissage: kneading and making large quick pinches of the skin, tissue, and muscle

- Clean the back first

- Warm the massage lotion or oil before use by pouring over your hands: cold lotion may startle the client and increase discomfort

1. Effleurage the entire back: has a relaxing sedative effect if slow movement and light pressure are used

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2. Petrissage first up the vertebral column and then over the entire back: is stimulating if done quickly with firm p

Assess: signs of relaxation and /or decreased pain (relaxed breathing, decreased muscles tension, drowsiness, and peaceful affect)

⇒ Verbalizations of freedom from pain and tension

⇒ Areas or redness, broken skin, bruises, or other signs of skin breakdown

Instructions: Perform the following tasks. Write your answers in the answer sheet provided:

Part one; Match the following terms with the correct definition

- | | |
|------------------------------------|----------------------|
| 1. Bad breath | a. plaque |
| 2. Dental caries | b. stomatitis |
| 3. Deposit on surface of teeth | c. pyorrhea |
| 4. Periodontal disease | d. cavities |
| 5. Inflammation of the gums | e. gingivitis |
| 6. Inflammation of the oral mucosa | F. halitosis |

Part two; write short answer

1. Explain the solution used for Mouth Wash.
2. Discuss **Principles of bath**
3. Write *three types of Massage Strokes during back care*

Answer key

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

Short answer

1. _____

2. _____

3. _____

List of Reference Materials

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