Chapter 18

Grooming
Grooming

- Hair care, shaving, and nail and foot care:
  - Prevent infection and promote comfort
  - Affect love, belonging, and self-esteem needs
Hair Care

- You assist with hair care whenever needed.
- The nursing process reflects:
  - The person’s culture
  - Personal choice
  - Skin and scalp condition
  - Health history
  - Self-care ability
- Skin and scalp conditions include:
  - Hair loss or excessive body hair
  - Dandruff
  - Lice and scabies
Definitions—What do each of these mean?

- Alopecia
- Hirsutism
- Dandruff
- Pediculosis
- Pediculosis capitis
- Pediculosis pubis
- Pediculosis corporis
Skin and Scalp Conditions

- **Alopecia** is hair loss.

- **Hirsutism** is excessive body hair.
  - It can occur in women and children.
  - It results from heredity and abnormal amounts of male hormones.

- **Dandruff** is the excessive amount of dry, white flakes from the scalp.
  - Itching often occurs.
Lice

- **Lice (pediculosis)** is the infestation with wingless insects (lice).
  - **Pediculosis capitis** is the infestation of the scalp with lice (aka “head lice”).
  - **Pediculosis pubis** (crabs) is the infestation of the pubic hair with lice.
  - **Pediculosis corporis** is the infestation of the body with lice.
- Lice easily spreads to others.
- Report signs and symptoms of lice to the nurse at once.
Scabies

- Scabies is a skin disorder caused by a female mite.
  - A mite is a very small spider-like organism.
  - The female mite burrows into the skin and lays eggs.
  - When the eggs hatch, the females produce more eggs, so the person becomes infected with mites.
  - The person has a rash and intense itching.
  - Scabies is highly contagious and is transmitted by close contact.
  - Treatment is the application of creams to kill the mites.
  - The person’s room is cleaned, and clothing and linens are washed in hot water.
Bed Bugs

- Bed bugs are small, flat reddish-brown insects that live in or around where people sleep.
- They feed on the blood of people or animals.
- It is difficult to control infestation and professional pesticide companies are often used.
- People often don’t know when they are bitten.
  - After red marks appear they realize they have been bitten.
  - The marks look like mosquito bites and are itchy.
Let’s talk…

- How do you feel when your hair is a mess?
- Does it affect your self esteem?
- Do you remember when your Mom used to comb through your tangled hair when you were younger? How did that feel?
- What does matted hair look like and what causes it?
- What if a resident’s hair was matted...how would their family feel if visiting and saw it? How can we prevent this from happening?
Brushing and Combing

- Brushing and combing hair
  - Encourage residents to do their own hair care.
    - Assist as needed.
    - Perform hair care for those who cannot do so.
    - The person chooses how to brush, comb, and style hair.
  - When brushing and combing hair:
    - Start at the scalp.
    - Then brush or comb to the hair ends.
  - You must *not*:
    - Braid hair without the person’s consent
    - Cut matted or tangled hair
    - Cut hair for any reason
  - Special measures are needed for curly, coarse, and dry hair.
Shampooing

- Shampooing
  - Shampooing frequency depends on the person’s needs and preferences.
  - The shampoo method depends on:
    - The person’s condition
      - Safety factors (for example, water temperature of 105°F [Fahrenheit] [40.5°C (centigrade)])
      - Personal choice
    - Methods include: shampoo during the shower or tub bath, shampoo at the sink, shampoo on a stretcher, and shampoo in bed.
Shaving

- Many men shave for comfort and mental well-being.
- Many women shave:
  - Their legs and underarms
  - Coarse facial hair
- Safety razors or electric shavers are used.
  - If the center’s electric shaver is used, clean it after every use.
- Collect shaving items with bath items.
  - Use the kidney basin to rinse the razor.
  - Do not use the bath water.
Safety Razor Risk Factors and Caring for Facial Hair

- Safety razors are not used:
  - On persons who have healing problems.
  - For those who take anticoagulant drugs.
  - On persons with dementia.

- Mustaches and beards need daily care.
  - Because food and drainage from the mouth and nose can collect in the whiskers, daily washing and combing of mustaches and beards are needed.
  - Never trim a mustache or beard without the person’s consent.
  - Ask the person how to groom his mustache or beard.
Let’s practice…

- Take a balloon
- Blow it up big but not too big and tie it off
- Cover your balloon with shaving cream
- Use your disposable razor to “shave” your resident
Nail and Foot Care

- Nail and foot care prevents infection, injury, and odors.
- Injuries occur from:
  - Stubbing toes
  - Stepping on sharp objects
  - Being stepped on
  - Shoes that fit poorly
  - Trimming and clipping toenails in persons with diabetes and vascular diseases
Nail and Foot Care (Cont’d)

- Poor circulation prolongs healing.
  - Infections or foot injuries are very serious.
  - Gangrene and amputation are serious complications.

- Some centers do not let nursing assistants cut or trim toenails. Follow center policy.

- Nails are easier to trim and clean right after soaking or bathing.

- Use nail clippers to cut fingernails.
  - Never use scissors.
Changing Clothing and Gowns

- You may need to assist with changing clothes and hospital gowns.
  - Provide for privacy.
  - Encourage the person to do as much as possible.
  - Let the person choose what to wear.
  - Remove clothing from the strong (unaffected) or “good” side first.
  - Put clothing on the weak (affected) side first.
  - Support the arm or leg when removing or putting on a garment.
Dressing and Changing Gowns

- Dressing and undressing
  - Some residents dress and undress themselves.
    - Others need help.
  - Personal choice is a resident right.

- Changing hospital gowns
  - Some residents wear hospital gowns.
  - 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.
Let’s think critically 😊

- You are going to assist a patient to change her gown. She has a paralyzed left arm. How will you remove her gown and put on a clean gown?
- How would you best accomplish this task?
How would you best accomplish this task?

- Her gown is removed from her right arm first.
- You need to support her left arm while removing the gown from it.
- You will put the clean gown on her left arm first (support the arm) and then on her right arm.
Quality of Life

- Grooming measures:
  - Promote comfort.
  - Help the person’s body image and esteem needs.
  - Help mental well-being.
- Encourage and allow personal choice whenever possible.
- Carefully handle the person’s grooming products and personal care items.
- Record your observations and the care given according to center policy.