



## Service Priorities and Programmes Electronic Presentations

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### **Personal Hygiene Care - A Care Fundamental**

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#### **Keywords:**

personal hygiene

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#### **Introduction**

Personal hygiene care is a fundamental care in nursing profession. It is also a main concern for patients and families in rehabilitation setting. Improving patients personal hygiene at the same time improve their morale and well being. How to maintain a proper daily personal hygiene care for patients is an important area worth to focus more.

#### **Objectives**

- 1)To enhance and structurize personal hygiene care in daily nursing care activities
- 2)To reorganize daily routine to facilitate nursing team to perform daily bathing for patients
- 3)To enhance the documentation in personal hygiene care
- 4)To emphasize on patients personal hygiene care to be part of daily nursing activities
- 5))To enhance patients and families communication on daily hygiene care

#### **Methodology**

- 1)Discuss with nurses and supporting staff the caring items should be included in personal hygiene care.
- 2)To rearrange the bathing schedule and nursing routine. Set daily bathing as a performance pledge for each patient.
- 3)To purchase disposable bathing cloth for bed bath of bedridden patients in case not on bathing day.
- 4)To reform the activity chart into the personal hygiene chart to facilitate documentation.
- 5)To emphasize on patients and families communication on daily hygiene care.

#### **Result**

Retrospective 30 cases of personal hygiene chart from each primary nurse from 24-27 th Sep 2016.

All nursing staff can assess patient's needs and provide relevant personal hygiene care.

- 1)76% compliance rates that 7 out of 30 missed one shift to click bathing method.
  - 2)85% compliance rates that 4 out of 27 missed to click bathing method by trolley or chair but it was documented in integrated patient documentation, bathing list or charted self-care.
  - 3)96% compliance rates that 1 out of 28 missed to click regular turning or apply barrier cream but charted as self-care.
  - 4)12/30 clicked other nursing care but 3 of 12 did not specify the nursing care such as tracheostomy, splintage, stoma or foley cares.
  - 5)96% compliance rates that 1 out of 30 missed to sign the form (on night shift).
- Overall 100% compliance rates on the use of personal hygiene form.  
Nurses increase their concerns on patients personal hygiene care. The documentation chart need further revised after evaluation.