Personal Hygiene Care - A Care Fundamental

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.