

Chapter 18

Hygiene Needs

Lesson 18.1

- Define the key terms and key abbreviations in this chapter.
- Explain why personal hygiene is important.
- Identify the observations related to hygiene needs.
- Describe the care given before and after breakfast, after lunch, and in the evening.
- Explain the purposes of oral hygiene.
- Describe the safety measures for giving mouth care to unconscious persons.

Lesson 18.1 (Cont.)

- Explain how to care for dentures.
- Describe the rules for bathing.
- Identify safety measures for tub baths and showers.
- Explain the purposes of perineal care.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

Hygiene

- Hygiene measures:
 - Prevent infection and promote comfort
 - Affect love, belonging, and self-esteem needs

Daily Care

- Most people have hygiene routines and habits
- Assist with hygiene as needed

Oral Hygiene

- Keeps the mouth and teeth clean.
- Prevents mouth odors and infections.
- Increases comfort.
- Makes food taste better.
- Reduces the risk for cavities (dental caries) and periodontal disease (gum disease, pyorrhea).

Bathing

- Complete baths
 - Partial baths
 - Tub baths
 - Showers
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- Bathing cleans the skin. It also cleans the mucous membranes of the genital and anal areas. Microbes, dead skin, perspiration, and excess oils are removed.

Perineal Care

- Perineal care (pericare) involves cleaning the genital and anal areas.
- Perineal care is done daily during the bath.