

# Chapter 19

## Grooming Needs

# Lesson 18.1

- Define the key terms and key abbreviations in this chapter.
- Explain why grooming is important.
- Explain how to safely provide grooming measures—hair care, shaving, nail and foot care, and changing garments.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

# Grooming

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

# Hair Care

- You assist patients and residents according to the care plan:
  - With brushing and combing hair
  - With shampooing
- The nursing process reflects:
  - The person's culture
  - Personal choice
  - Skin and scalp condition
  - Health history
  - Self-care ability

# Hair Care (Cont.)

- Skin and scalp conditions:
  - Alopecia is hair loss.
  - Hirsutism is excessive body hair.
  - Dandruff is the excessive amount of dry, white flakes from the scalp.
  - Pediculosis (lice) is the infestation with wingless insects.
    - Infestation means being in or on a host.
    - Pediculosis capitis is the infestation of the scalp with lice.
    - Pediculosis pubis is the infestation of the pubic hair with lice.
    - Pediculosis corporis is the infestation of the body with lice.
  - Scabies is a skin disorder caused by female mites.

# Hair Care (Cont.)

- Brushing and combing hair
  - Encourage patients and residents to do their own hair care.
    - Assist as needed.
  - The person chooses how to brush, comb, and style hair.
  - Daily brushing and combing prevents mats and tangles.
  - Do not braid hair without the person's consent.
  - Never cut hair for any reason.
  - Special measures are needed for curly, coarse, and dry hair.

# Shampooing

- Many factors affect frequency.
- The shampoo method depends on:
  - The person's condition
  - Safety factors
  - Personal choice
- The nurse tells you which method to use.
  - Shampoo during the shower or tub bath
  - Shampoo at the sink
  - Shampoo on a stretcher
  - Shampoo in bed

# Shaving

- Many men shave for comfort and mental well-being.
- Many women:
  - Shave their legs and underarms
  - Shave coarse facial hair
  - Use other hair removal methods
- Safety razors or electric shavers are used.



# Shaving (Cont.)

- Safety razors (blade razors):
  - Involve razor blades
  - Can cause nicks and cuts
  - Are not used on persons who have healing problems or those who take anticoagulant drugs
    - An anticoagulant prevents or slows down blood clotting.
- Soften the beard before using an electric shaver or safety razor.

# Shaving (Cont.)

- Caring for mustaches and beards
  - Mustaches and beards need daily care.
  - Ask the person how to groom his mustache or beard.
  - Never trim a mustache or beard without the person's consent.
- Shaving legs and underarms
  - This practice varies among cultures.
  - Legs and underarms are shaved after bathing.

# Nail and Foot Care

- Nail and foot care prevents infection, injury, and odors.
- Hangnails, ingrown nails, and nails torn away from the skin cause skin breaks.
- Long or broken nails can scratch skin or snag clothing.
- Dirty feet, socks, or stockings harbor microbes and cause odors.

# Nail and Foot Care (Cont.)

- Injuries occur from:
  - Stubbing toes
  - Stepping on sharp objects
  - Being stepped on
  - Shoes that fit poorly
- Poor circulation prolongs healing.
  - Diabetes and vascular diseases are common causes.
- Infections or foot injuries are very serious for older persons and persons with circulatory disorders.

# Nail and Foot Care (Cont.)

- Trimming and clipping toenails can easily result in injuries.
- Nails are easier to trim and clean right after soaking or bathing.
  - Use nail clippers to cut fingernails.
    - Never use scissors.
- Some agencies do not let nursing assistants cut or trim toenails.
  - Follow agency's policy.

# Changing Garments

- Follow these rules:
  - Provide for privacy.
  - Encourage the person to do as much as possible.
  - Let the person choose what to wear.
    - Make sure the right under-garments are chosen.
  - Remove clothing from the strong or “good” (unaffected) side first.
  - Put clothing on the weak (affected) side first.
  - Support the arm or leg when removing or putting on a garment.

# Dressing and Undressing

- Dressing and undressing
  - Some patients and residents dress and undress themselves.
    - Others need help.
  - Personal choice is a resident right.
    - Let the person choose what to wear.

# Changing Patient Gowns

- Changing hospital gowns
  - Many hospital patients wear gowns.
    - So do some nursing center residents.
  - 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.