



# **Clothing and Personal Appearance**



# Clothing and Personal Appearance

- Clothing and body adornments communicate information to others such as position, personality, and relationships.



# Clothing and Personal Appearance

- In health care, building a relationship of trust between the client and health care professional is a vital factor in providing quality health care.



# Clothing and Personal Appearance

- The health care professional must be aware of the non-verbal messages being sent by clothing and appearance and how these factors influence client's perception of the health care professional.



# Clothing and Personal Appearance

- Initial Impression is based on appearance
- Grooming and hygiene
- Posture
- Facial expressions
- Handshake
- Verbal greetings
- Personal adornments
- Clothing





# Clothing and Personal Appearance

- It is possible to “choose” the image portrayed to clients by being aware of nonverbal cues sent by appearance and dress
- The impression created by these cues reflects the quality of care clients expect to receive
- The initial interaction lays the foundation for the client – health care professional relationship



# Clothing and Personal Appearance

- Most health care professionals wear some type of uniform
- Uniforms may include
  - Dresses
  - Suits
  - Smocks
  - Jackets
  - Lab coats
  - Scrubs



# Clothing and Personal Appearance

- Professional attire should be neat and clean
- Clients expect the health care professional to maintain a high standard of cleanliness





# Clothing and Personal Appearance

- To present professional appearance and inspire confidence:
  - Clothing should fit properly
  - Be in good repair (free from tears, missing buttons, broken zippers, uneven hemlines)
  - Shoes should be neat, clean, and comfortable



## Clothing and Personal Appearance

- Jewelry and personal adornments are not permitted because of the possibility of causing injury to the patient and increased risk of transmitting pathogens



# Clothing and Personal Appearance

Appearance	Impression
Dirty	Unreliable and unprofessional
Body piercing & tattoos	Unprofessional, unreliable, immature, Dangerous
Clean and Neat	Professional and reliable