

PERSONAL CARE & HYGIENE

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WHAT WE WILL BE COVERING

01

Medication Tracking

04

Oral and Denture
Care

02

Bowel and Bladder
Care

05

Safe Bathing

03

Skin and Nail

06

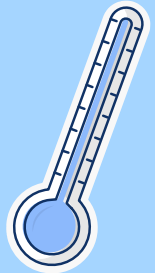
Mental Health





01

Medication Tracking





TRACKING MEDICATIONS



- Pill organizer
- Establish a routine
- Documentation
 - Create a medication record or reference
 - Create a medication administration log





Medication Record or Reference



- This contains information about the medications
Create a medication record

Name

Prescribed dose

What it looks like

How and when you take the medication

Why are you taking this medication?

Who prescribed the medication?

Start and stop date for temporary medications

Medication and Supplements List

Name: _____ Date Revised: _____ Pharmacy Name & Phone #: _____

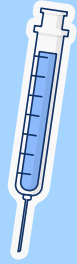
Physician & Phone: _____ Other Physician(s) Name and Phone #: _____

Instructions: Type onto this document or print and enter the information by hand. Change this document, as needed. Hints: Keep updated medication lists at the care receiver's home in a visible location, a copy with the caregiver at all times, photo with a smart phone keep in favorites or list app. Firefighters recommend keeping a copy of important documents in a sealed plastic bag in the freezer since it is fireproof and smokeproof.

Medication	Dosage <i>mg, etc</i>	Frequency	Purpose	Physician name or initials	Special Instruction: start & stop dates, side effects, and other information
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					



Medication Administration Log



- This contains information about the history of administration of medication.

Create a medication administration log

Drug name

Date

Time

Dose Taken

With food or without food

Notes

ROUTES for MEDICATION ADMINISTRATION



ORAL
(PER OS or PO)



IV



INTRAMUSCULAR (IM)

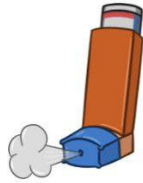


SUBCUTANEOUS

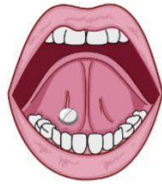


INTRADERMAL

PARENTERAL



INHALATION



SUBLINGUAL



RECTAL



TOPICAL



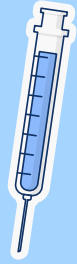
OTIC



OPHTHALMIC



MEDICATION STORAGE



● Insulin

Store in fridge if unopened

Store at room temperature if opened

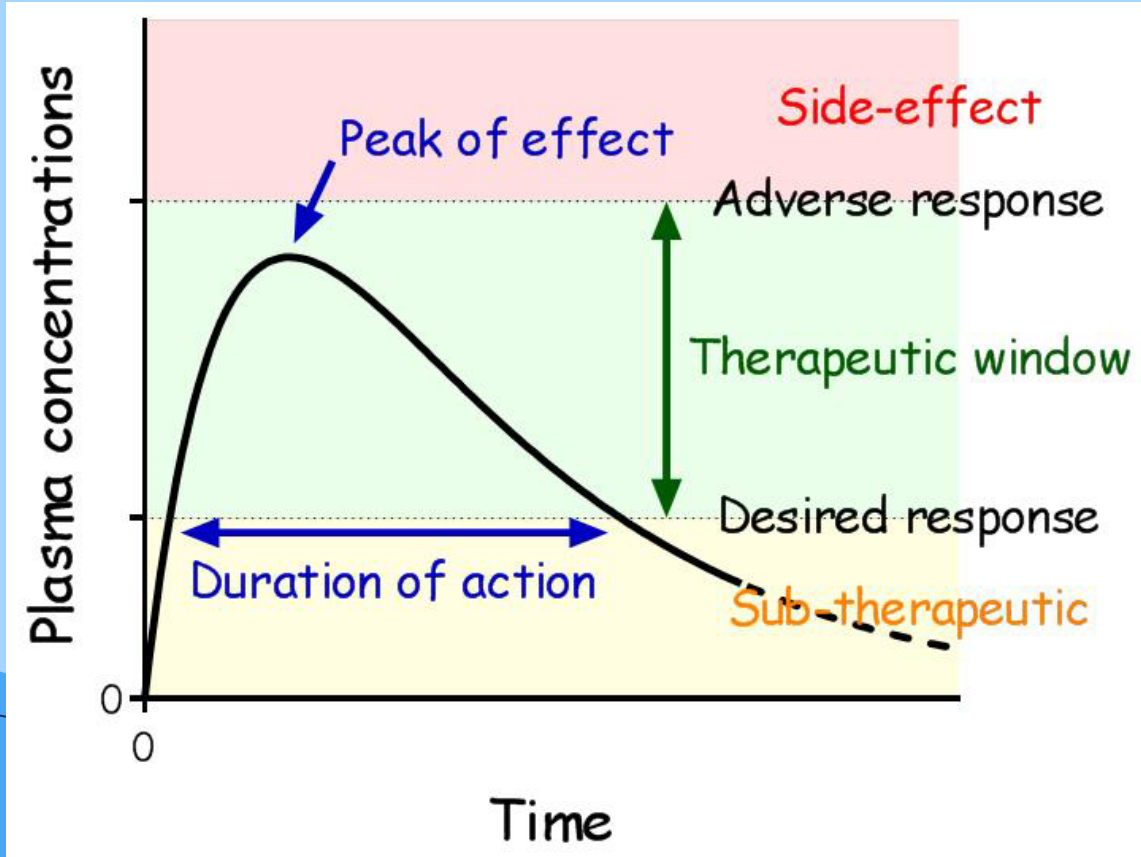
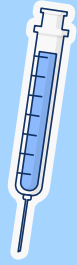
Mark the date you open it

Never freeze it and never heat it

Insulin should be clear except for NPH

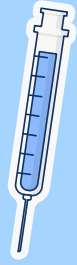
You should always know where it is and have it when you travel including a glucose monitor





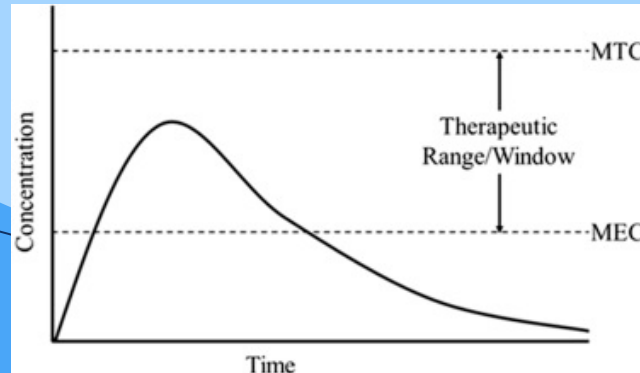


MEDICATION STORAGE



Pills

Store in a cool dry place
Do NOT crush medications intended to digest slowly



Abbreviation	Meaning
XL, XR, ER	Extended release
CD	Controlled delivery
CR	Controlled release
SR	Sustained release
TR	Timed release
LA	Long Acting
MR	Modified Release



02

Bowel and Bladder Care



• ADULT BRIEF

Which type is right for me?



Bladder Control Pad

For light urine incontinence



Protective Underwear/Pull on

Medium urine incontinence



Adult Briefs

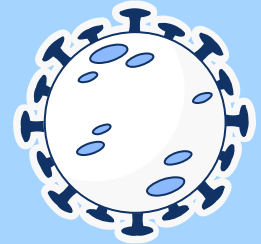
Heavy urine incontinence
and/or fecal incontinence

Choose the correct size
Use only one product at a time
Booster pads





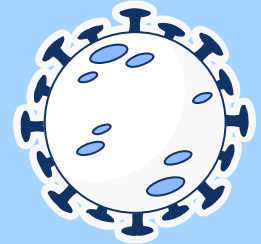
PROVIDING PERINEAL CARE



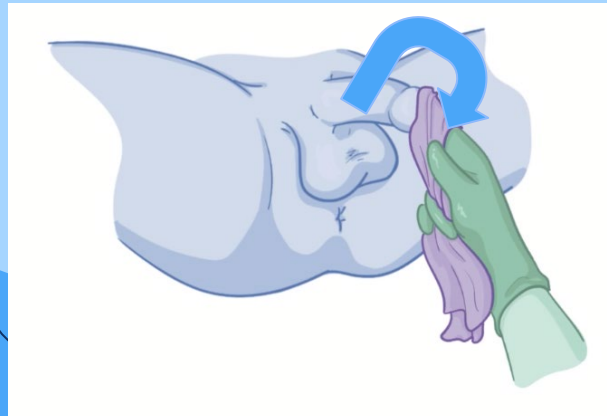
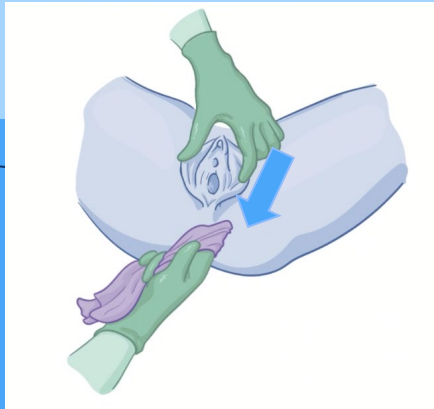
- Always remember privacy!
Wash hands and apply gloves
Use a bath blanket and only expose areas that need to be washed
Use soap and warm water



PROVIDING PERINEAL CARE

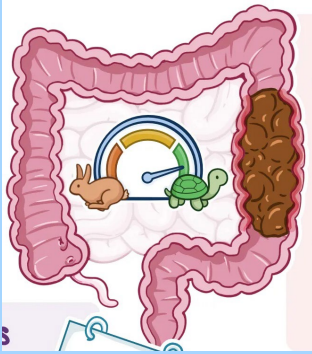


- Always wipe front to back
- Be sensitive to elder's needs
- Observe for redness, irritation, ulcers





CONSTIPATION



- Common complaint in older adults
- To help manage
 - Increase fluid intake
 - Exercise
 - Increase fiber intake (20-25 grams recommended)
 - Green leafy vegetables, whole grains
 - Check with doctor about stool softeners/laxatives

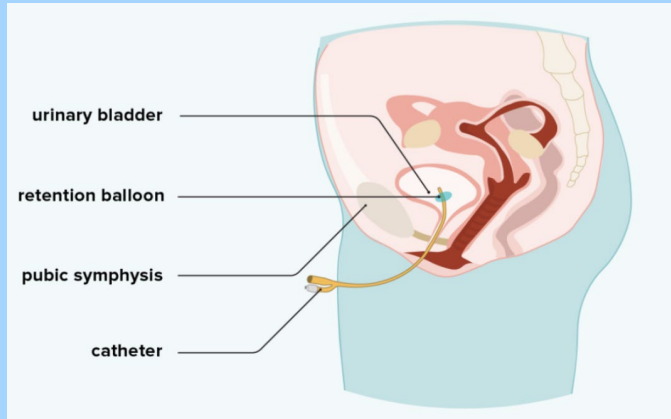


• CATHETER CARE TIPS

Observe

- Foul smelling odor may indicate UTI

○ Discharge, redness, bleeding



Care

Provide perineal and catheter care

Use a clean washcloth to clean the catheter in a circular motion away from the body (every day)

No disinfectant wipes (ex. Clorox)

Check

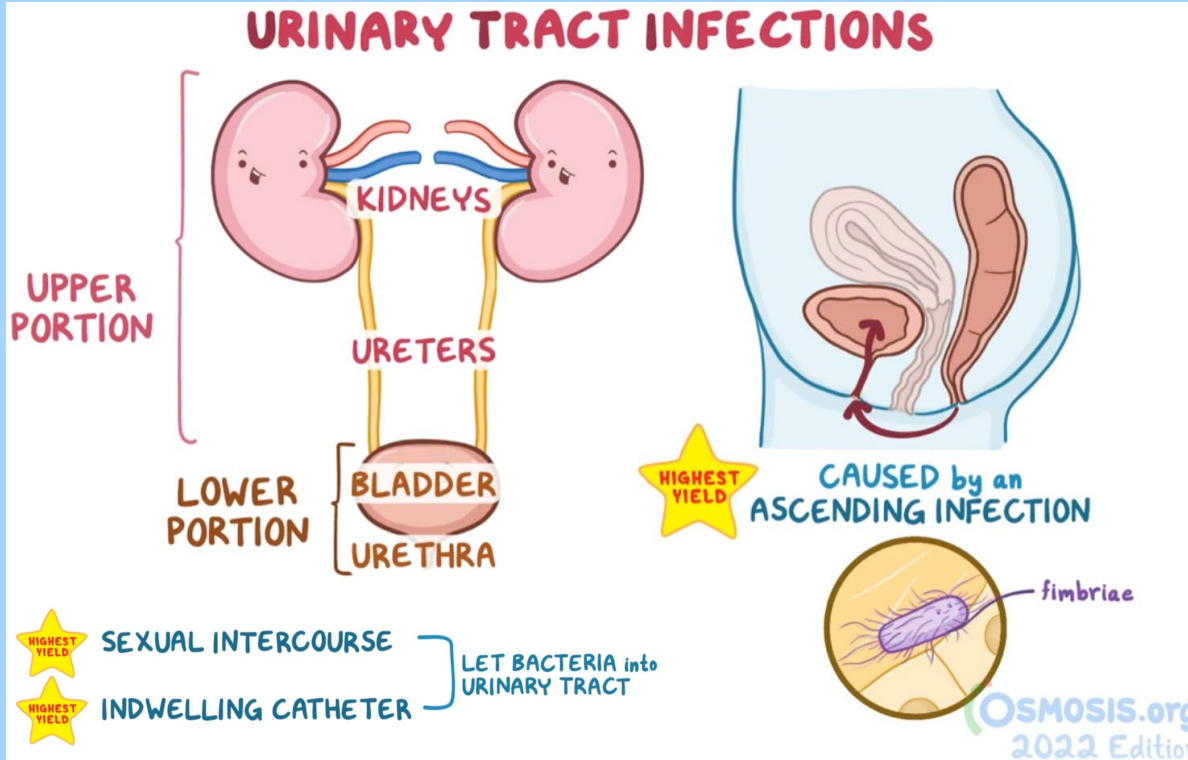
Upper thigh for females, abdomen for males

● Ensure tubing isn't looped/kinked

● Ensure drainage bag is below the bladder

○ Empty bag when it is half full

URINARY TRACT INFECTIONS (UTI)



URINARY TRACT INFECTIONS (UTI)

Risks Factors

- Catheter use

Urinary Retention/Stasis/Obstruction

Urinary Reflux

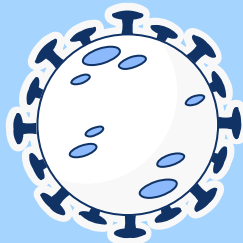
Compromised immune system

History of UTI's

Female

Low Estrogen

Diabetes

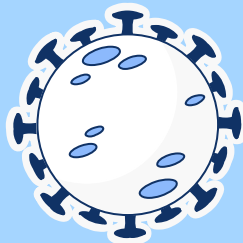


URINARY TRACT INFECTIONS (UTI)

Symptoms

- Frequent urination
- Burning with urination
- Sense of urgency to urinate
- Foul odor
- Cloudy urine

Confusion



Prevention

- Drink plenty of fluids
- Wipe front to back
- Pee after sexual intercourse
- Empty Bladder regularly and completely

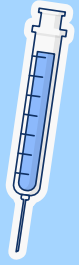
The background is light blue with several dark blue wavy shapes. Scattered throughout are small white and dark blue circles. Three medical icons are present: a syringe in the top left, a bandage in the bottom left, and a thermometer in the bottom right.

03

Skin and Nails



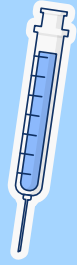
SKIN EXAMINATION



- Recognize birthmarks and scars
- Perform daily skin examination for new markings
- Tell your provider about any changes or skin irritation
- Remember to check the top of the head



BEDSORES AND PRESSURE ULCERS



- Injury to skin and/or tissue caused by long-term pressure, usually over a bony area

Signs and Symptoms

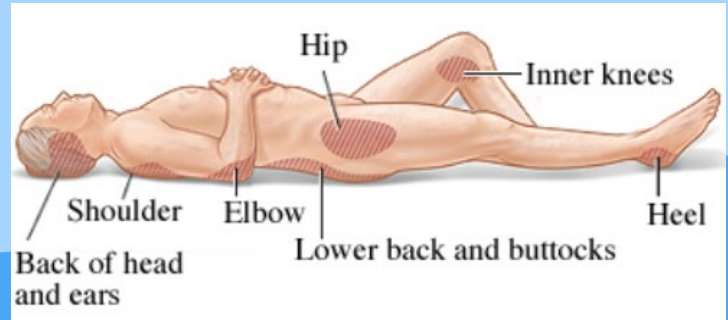
Redness that does not go away when you press on it

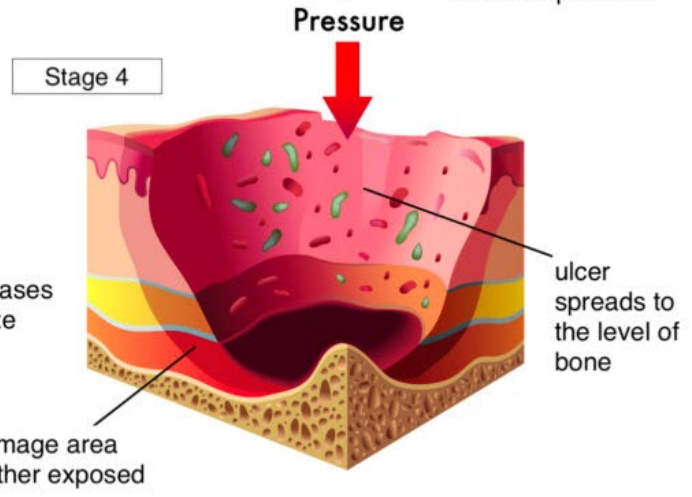
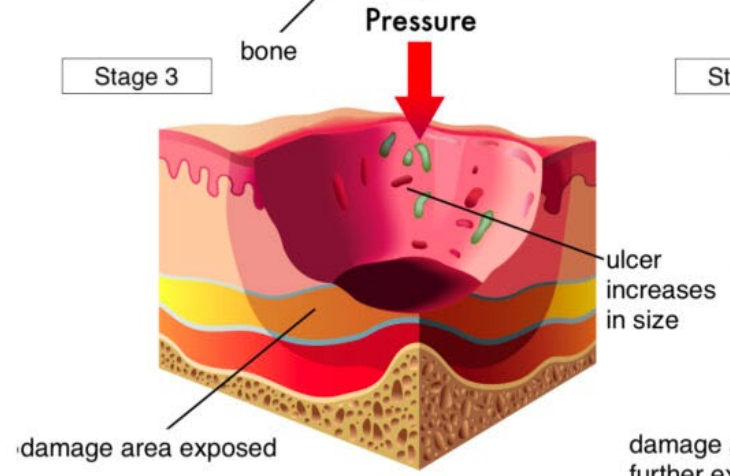
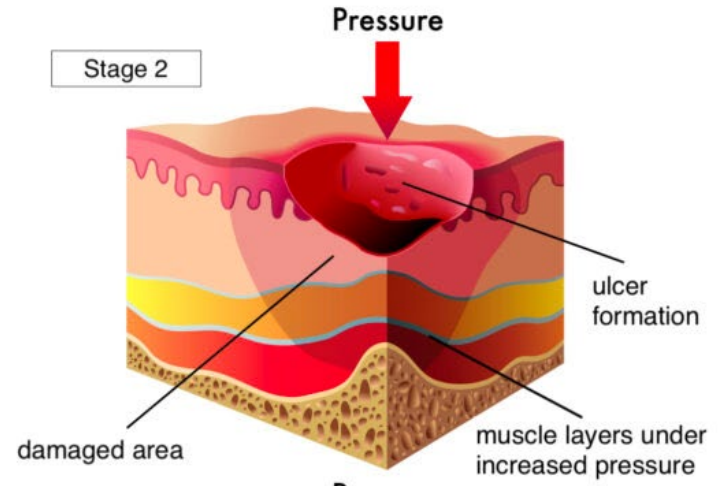
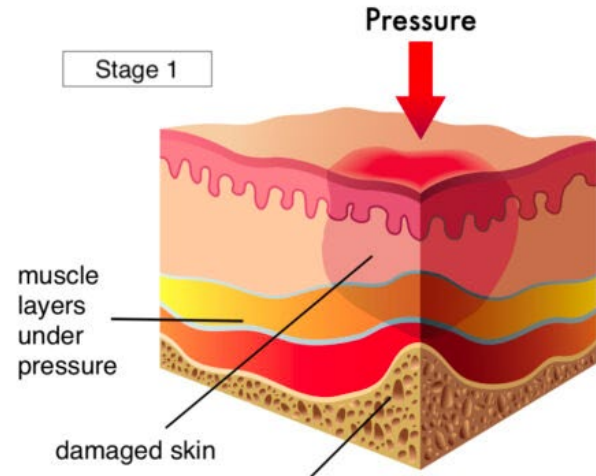
Broken skin

Pus or liquid

Swelling

Tender







BEDSORES AND PRESSURE ULCERS



Prevention

- Reposition every 2 hours
- Daily skin checks
- Soft cushions or pillows
- Clean and moisturize skin
- Nutrition and water
- Exercise / Move around

Treatment

- Tell healthcare provider
- Remove pressure
- Keep area clean



PREVENTATIVE SKIN CARE



Sunscreen and moisturizer

- Moisturize skin

Dry skin is easier to break

Use sunscreen to protect against harmful UV rays

Too many UV rays can cause skin cancer

Utilize SPF 30 or higher

Clouds block sunlight but not UV rays



NAILS



- Trim nails to prevent nail breakage and scratching
- Germs also hide under nails
- Look for infections
- Change in color, cracked nails, swelling, pain
- Correct fitting shoes
- Clean nail clippers with alcohol
- Do not share nail filers



04

Oral and Denture Care



Dental
Visits



Brush &
Floss Daily



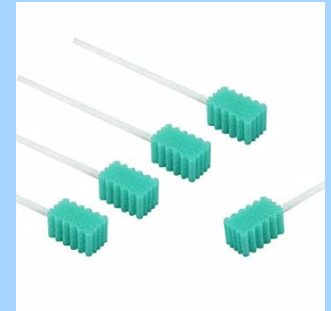
ISSUES WITH ORAL CARE



ARTHRITIS



NPO



DENTURE CARE STEPS

At the sink, have your denture container, cleaner, a wash rag (if possible), toothpaste, and toothbrush

Place a rag in the sink in case the denture falls in

Rinse and brush one piece thoroughly and completely and then move onto the next piece.
Repeat for other piece

Soak overnight in water or mild denture solution

01

02

03

04



RECOMMENDATIONS



● Do not use

Abrasive toothpaste (with whitening or bleaching agents)

Hot water



Use denture brush/soft bristle brush

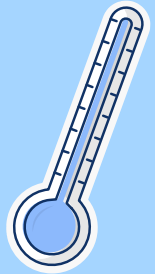
Place wash rag in the sink or fill sink with water

Follow storage instructions given by dentist

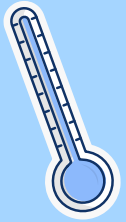


05

Safe Bathing

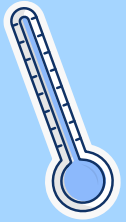


SAFE BATHING



- Bathing is very important to keep the skin healthy and help prevent infection
 - Monitor the water temperature
 - Place all supplies within reach
 - Let patient wash themselves as much as possible and help when necessary
 - Make sure to respect their privacy and do not leave the person exposed





HOW TO MAKE THE BATHROOM SAFER

- Assess for fall risks
 - Non slip mat
 - Rails in the bathtub
 - Bath chairs
 - No clutter/rugs on the floor
 - Handheld showerhead



Basin Baths (Sink Baths):

- For keeping clean in between showers and for those who are less mobile

If patient is mobile, position them in a shower chair/wheelchair by sink

Fill basin with warm water

Wet washcloth, apply soap, and give to person

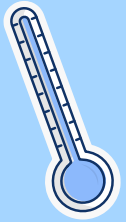
Please let them wash themselves as much as they can!

Rinse off soap with a freshly wet washcloth

In order (from the top down!):

1. Face
2. Underarms
3. Genitals
4. Anal area

HANDWASHING

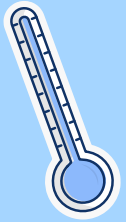


When?

- After using the bathroom
 - Before, during, and after preparing/eating food
 - Before and after caring for someone at home who is sick with vomiting or diarrhea
- After blowing your nose, coughing, or sneezing



HANDWASHING



How?

- Wet your hands with warm running water
Lather hands by rubbing them together with the soap
Remember: back of hands, between fingers, and under nails
- Scrub hands for at least 20 seconds
Rinse hands under running water
Dry hands with a clean towel (or can air dry)





06

Mental Health





MENTAL HEALTH

Depression

Signs/Symptoms:	Treatment:
<ul style="list-style-type: none">● Suicidal thoughts● Feeling sad or hopeless*● Getting mad easily● Loss of interest● Tiredness● Trouble sleeping or oversleeping● Poor appetite/overeating <p>*Symptoms may not always be sadness for older adults</p>	<ul style="list-style-type: none">● Talk to health care provider● Treatment from health care provider● Support from family and friends● Socialize

Depression is:

- **NOT** a normal part of aging

- NOT** a natural reaction to illness or life changes

- Something that older adults are at an increased risk for (CDC,2023)

- A medical condition that is treatable

- Commonly misdiagnosed in older adults

Relax and Do Not Stress

- Long-term stress is unhealthy

Methods to relieve stress:

Music

Dancing/Exercise

Meditation

Animal Therapy

Socializing/Friends and Family





THANK YOU!
Any Questions?



STATION ACTIVITIES



1

MEDICATION
ADMINISTRATION



2

ORAL/DENTURE
CARE



3

SAFE BATHING