

**HYGIENE**

## **Knowledge Base:**

- ⊙ Factors that influence patient's personal hygiene.
- ⊙ Use communication skills to promote the therapeutic relationship.
- ⊙ During hygiene, assess:
  - ⊙ Emotional status
  - ⊙ Health promotion practices
  - ⊙ Health care education needs

## **Hygiene of Eyes, Ears, and Nose.**

- ⊙ When hygiene care is provided, the eyes, ears, and nose require careful attention.
- ⊙ Clean the sensitive sensory tissues in a way that prevents injury and discomfort for a patient, such as by taking care to not get soap in his or her eyes.
- ⊙ The sense of smell is an important aid to appetite.

## **Hygiene of eyes:**

Eye care should be part of the care provided to all people during their hospital admission. Ointments and drops are more effective at reducing the incidence of corneal abrasions than no eye instillations.

All patients who cannot achieve eyelid closure independently and unconscious or heavily sedated patients should receive eye care every 2 hours (cleaning with saline-soaked gauze and administration of an eye specific lubricant).

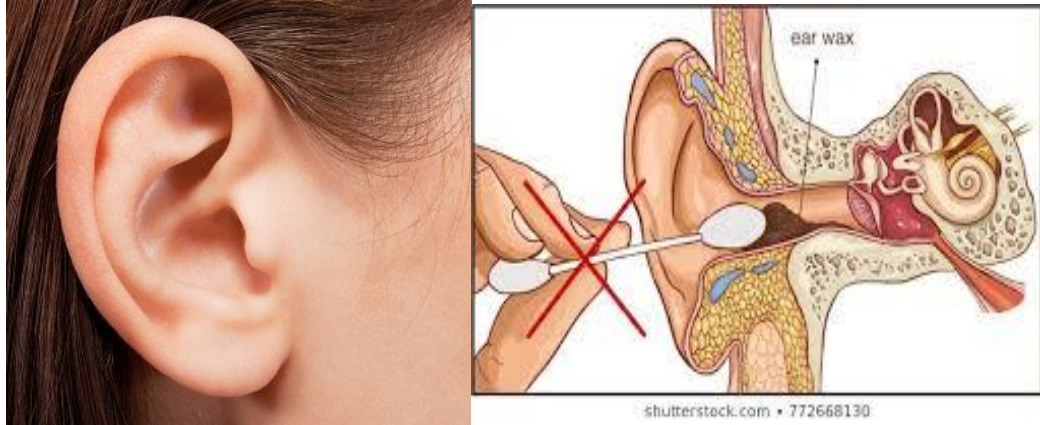
## **Eyelid closure:**

Eyelid closure should be maintained in intensive care patients who cannot maintain complete eyelid closure. If eyelid closure cannot be maintained passively, then mechanical methods should be used. They are more effective at reducing the incidence of corneal abrasions than ointments and drops.



### **Ear care:**

- ⦿ Wash ears daily with a wash cloth don't forget behind the ears
- ⦿ Do not use Q tips in ears it will smash the ear wax deep into the ear canal
- ⦿ Ear wax is usually removed when you chew food



### **Nose care:**

- ⦿ Clean nose by having patient blow.
- ⦿ If indicated use nasal suction with bulb syringe.
- ⦿ Remove crusted secretion around nose and apply moisturizing ointment.



**Oral hygiene:**

- ◎ Oral hygiene includes all the processes for keeping mouth clean and healthy. Good oral hygiene is necessary for prevention of dental caries, periodontal diseases, bad breath and other dental problems.

**Basic steps for maintaining oral hygiene:**

1. Brushing your teeth (at least twice a day or after every meal)
2. Floss your teeth regularly
3. Proper diet
4. Other interdental cleaning
5. Rinsing
6. Regular dental checkups

**Brushing:**

1. Always use a soft bristled toothbrush
2. Use anti-cavity Fluoride toothpaste
3. Hold toothbrush at a 45-degree angle at the gum line, brushing in a circular motion. This sweeps plaque out of the gingival pocket.
4. Brush teeth for a minimum of two minutes at least twice a day.
5. Brush gums and tongue along with your teeth.
6. Don't brush too hard because this can cause gingival (gum) recession.

### **Oral hygiene at unconscious patient.**

1. Turn patient's head towards you
2. Place patient in semi-fowler's
3. Oral air way can be used to hold mouth open
4. Use a small brush or swab to clean the mucous membranes and teeth
5. Use suction to remove secretions and fluid
6. Use chap stick or lip moisturizer



### **Feet, Hands, and Nails.**

- ⦿ Feet, hands, and nails require special attention to prevent infection.
- ⦿ •The hand in contrast to the foot is used for manipulation rather than for support.
- ⦿ •The condition of a patient's hands and feet influences his or her ability to perform hygiene care.
- ⦿ •The normal nail is transparent, smooth, and convex, with a pink nail bed and a white tip.



## *Questions* **HYGIENE**

### **1. What is basic knowledge on hygiene issues?**

- Factors that influence the patient's personal hygiene.
- Use communication skills to promote the therapeutic relationship.

### **2. During patient hygiene, what should you evaluate?**

- Emotional state.
- Health promotion practices.
- Medical education.

### **3. What are the general aspects in hygiene of the eyes, ears and nose?**

- When hygiene care is provided, the eyes, ears and nose require special care.
- Clean sensitive sensory tissue in a way that prevents injury and discomfort to a patient, such as being careful not to let soap get into the eye.

### **4. How should eye care be performed?**

- Eye care should be part of the care given to all people during their hospital stay.
- Ointments and drops are more effective at reducing the incidence of corneal abrasions than no eye instillations.
- All patients who cannot close their eyelids independently and unconscious or severely sedated patients should receive eye care every 2 hours (cleaning with gauze soaked in saline and administering a specific eye lubricant).

### **5. How should eyelids be closed?**

- Eyelid closure should be maintained in intensive care patients who are unable to maintain complete eyelid closure.
- If eyelid closure cannot be maintained passively, then mechanical methods must be used. They are more effective at reducing the incidence of corneal abrasions than ointments and drops.

## **6. How should ear care be performed?**

- Wash your ears daily with a wash cloth, don't forget behind the ears.
- Do not use ear sticks, you can push the ear wax deep into the ear canal.
- Ear wax is usually removed when chewing food.

## **7. How should nose care be performed?**

- The cleansing of the nose begins by blowing the nose by the patient.
- If indicated, use nasal aspiration with the syringe.
- Remove the secretion or crust around the nose and apply moisturizing solutions.

## **8. What are the generalities regarding oral hygiene?**

- Oral hygiene includes all the processes of keeping the mouth clean and healthy. Good oral hygiene is needed to prevent tooth decay, periodontal disease, bad breath and other dental problems.

## **9. What are the basic steps for maintaining oral hygiene?**

- Brushing your teeth (at least twice a day or after each meal).
- Brush your teeth regularly.
- The correct diet.
- Other interdental cleaning.
- Rinsing.
- Periodic dental check-ups.

## **10. How should I brush my teeth?**

- Always use a soft bristled toothbrush



- Use anti-cavity Fluoride toothpaste
- Hold toothbrush at a 45-degree angle at the gum line, brushing in a circular motion. This sweeps plaque out of the gingival pocket.
- Brush teeth for a minimum of two minutes at least twice a day.
  - Brush gums and tongue along with your teeth.
  - Don't brush too hard because this can cause gingival bleeding.

#### **11. How should the oral hygiene of the unconscious patient be performed?**

- Turn patient's head towards you
- Place patient in semi-fowler's
- Oral air way can be used to hold mouth open
- Use a small brush or swab to clean the mucous membranes and teeth
- Use suction to remove secretions and fluid
- Use chap stick or lip moisturizer

#### **12. What are the general guidelines for foot, hand and nail care?**

- Feet, hands, and nails require special attention to prevent infection.
- The hand in contrast to the foot is used for manipulation rather than for support.
- The condition of a patient's hands and feet influences his or her ability to perform hygiene care.
- The normal nail is transparent, smooth, and convex, with a pink nail bed and a white tip.

***TESTS:***

**1. What is basic knowledge on hygiene issues?**

- a. \* Factors that influence the personal hygiene of the patient.
- b. \* Use communication skills to promote the therapeutic relationship.
- c. Factors that influence the personal hygiene of the doctor.
- d. Factors that influence the patient's interest.
- e. Factors influencing recurrence

**2. During patient hygiene, what should you evaluate?**

- a. \* Emotional status.
- b. \* Health promotion practices
- c. \* Health care education needs
- d. Medical motivation.
- e. Practices to promote medicine.

**3. Hygiene of the eyes, ears and nose, what are the general aspects?**

- a. \* When hygiene care is provided, the eyes, ears and nose require special attention.

- b. \* Clean sensitive sensory tissues in a way that will prevent injury and discomfort for a patient, such as taking care not to get soap in the eye.
- c. Do not insist on hygiene.
- d. Patient hygiene is a personal matter.
- e. The hygiene of the patient can only take place on the basis of his request.

#### **4. How should eye care be performed?**

- a. \* Eye care should be part of the care given to all people during their hospital stay.
- b. \* Ointments and drops are more effective at reducing the incidence of corneal abrasions than no eye instillations.
- c. \* All patients who cannot close their eyelids independently and unconscious or severely sedated patients should receive eye care every 2 hours (cleansing with saline-soaked gauze and administering a specific eye lubricant).
- d. Ointments and drops are only effective in reducing the incidence of corneal abrasions.
- e. Ointments and drops should be avoided.

#### **5. How should eyelids be closed?**

- a. \* Eyelid closure should be maintained in intensive care patients who are unable to maintain complete eyelid closure.
- b. \* If eyelid closure cannot be maintained passively, then mechanical methods must be used.
- c. \* Closure of the eyelids is more effective in reducing the incidence of corneal abrasions than ointments and drops.
- d. Closure of the eyelids should not be maintained in intensive care patients.

e. Closing of the eyelids is not effective in reducing the incidence of corneal abrasions.

## **6. How should ear care be performed?**

- a. \* Wash your ears daily with a wash cloth, don't forget behind the ears
- b. \* Do not use ear sticks, you can push the ear wax deep into the ear canal.
- c. \* Ear wax is usually removed when chewing food.
- d. Use the ear sticks, push the ear wax deep into the ear canal.
- e. Do not wash your ears daily with a wash cloth, don't forget about the area behind the ears.

## **7. How should nose care be performed?**

- a. \* The cleansing of the nose begins by blowing the nose by the patient.
- b. \* If indicated, use nasal aspiration with syringe.
- c. \* Remove the secretion or crust around the nose and apply moisturizing solutions.
- d. Cleaning the nose does not start by blowing the nose by the patient.
- e. Do not use nasal aspiration with the syringe.

## **8. What are the generalities regarding oral hygiene?**

- a. \* Oral hygiene includes all the processes of keeping the mouth clean and healthy.
- b. \* Good oral hygiene is needed to prevent tooth decay, periodontal disease, bad breath and other dental problems.
- c. The oral hygiene of the patients does not include all the processes of

maintaining the mouth clean and healthy.

d. Good oral hygiene is not required to prevent tooth decay.

e. Good oral hygiene is not necessary to prevent periodontal disease and bad breath.

**9. What are the basic steps for maintaining oral hygiene?**

a. \* Brushing your teeth (at least twice daily or after each meal).

b. \* Floss your teeth regularly

c. \* Proper diet.

d. \* Rinsing.

e. Periodic dental check-ups are not required.

**10. How should I brush my teeth?**

a. \* Always use a soft bristled toothbrush.

b. \* Use fluoride-containing toothpaste.

c. \* Hold toothbrush at a 45-degree angle at the gum line, brushing in a circular motion. This sweeps plaque out of the gingival pocket



d. \* Brush your teeth for at least two minutes at least twice a day.

e. Brush hard, even if this may cause gingival bleeding.

**11. How should the oral hygiene of the unconscious patient be performed?**

a. \* Turn the patient's head toward you.

b. \* Place the patient in Semi Fowler's.

c. \* The oral air module can be used to keep the mouth open.

- d. \* Use a small brush or pad to clean the mucous membranes and teeth.
- e. Do not use the vacuum cleaner to remove secretions and liquid.

**12. What are the general guidelines for foot, hand and nail care?**

- a. \* Feet, hands and nails need special attention to prevent infection.
- b. \* The hand in contrast to the foot is used for manipulation rather than for support.
- c. \* The condition of the patient's hands and feet influences his ability to perform hygienic care.
- d. \* The normal nail is transparent, smooth, and convex, with a pink nail bed and a white tip.
- e. The feet, hands and nails do not require special attention.