

# PREPARATORY ASSIGNMENT CLINICAL WEEK 3- HYGIENE & SKIN INTEGRITY

## A. Factors

List all the factors that impact hygiene.	List all the factors that impact skin integrity.
<p>Microbiological: Presence of microorganisms capable of creating an infection</p> <p>Chemical: Allergies to common detergents, soaps, and toothpaste</p> <p>Developmental: Young children and older adults require assistance with hygiene</p> <p>Physical: Immobility, disability, and decreased range of motion can negatively impact one's ability to perform hygiene.</p> <p>Physiological: Any illness, injury, or surgery can impact one's ability to perform hygiene.</p> <p>Psychosociocultural: People from different backgrounds have different standards of acceptable cleanliness. People who have mental health disorders may lack the ability or will to perform hygiene.</p>	<p>Microbiological: Infection of an ulcer or wound on the skin</p> <p>Chemical: Exposure to acids, bases, or urine can accelerate skin breakdown</p> <p>Developmental: Young children and older adults may have thinner skin, which will break down easier.</p> <p>Physical: Friction from sliding on bed surface, and pressure from prolonged immobility causes skin breakdown.</p> <p>Prolonged exposure to moisture can do the same thing as well.</p> <p>Physiological: Poor nutrition, dehydration and impaired circulation all contribute to skin breakdown.</p> <p>Psychosociocultural: Hygiene practices, such as frequency of bathing, impact skin integrity.</p>

## B. Clinical manifestations

List all the clinical manifestations that might be present in a patient that would indicate the patient has a need for <b>hygiene</b> .	List all the clinical manifestations that might be present in a patient that would indicate the patient has a problem with <b>skin integrity</b> .
<ul style="list-style-type: none"><li>• Body odor</li><li>• Unkempt appearance</li><li>• Visible dirt, feces, urine, or sweat on patient</li><li>• Halitosis</li><li>• Presence of skin lesions or rashes</li></ul>	<ul style="list-style-type: none"><li>• Changes in skin color (e.g. non-blanchable skin)</li><li>• Breaks in skin</li><li>• Dry or cracked skin</li><li>• Poor skin elasticity</li><li>• Swelling, heat, or pain in an area</li></ul>

## D. Nursing Diagnoses and Goals related to both **Hygiene** and **Skin Integrity**

Diagnosis (with R/T and secondary to)	Goal
Self care deficit R/T imposed bedrest secondary to CVA	The patient will assist with their own bathing at least one time while in my care.
Impaired Skin Integrity R/T prolonged pressure secondary to recent surgery.	The patient will have their current stage 1 pressure injury not progress to a stage 2 or higher pressure injury while in my care.
Risk for Impaired Skin Integrity R/T poor nutrition secondary to recent surgery	The patient will verbalize their understanding of the connection between nutritional deficits and their skin integrity by the end of my shift.
Risk for Infection R/T open wound in skin secondary to CVA	The patient will remain afebrile while in my care.

### E. Nursing care plan-Nursing actions

List all the nursing actions (interventions) that can be used to provide **hygiene** and prevent or treat **skin integrity** issues while in the hospital (number them). Be sure to include the psychological principles of bathing, components of bathing, how to stimulate circulation, hair, nail, eye, perineal, indwelling/external urinary catheter, and mouth care, back rub and types of treatment of wounds or pressure ulcers in your plan.

- Assess patient's skin frequently throughout shift
- Quantify patient's risk for skin breakdown using Braden Scale
- Provide privacy during bathing
- Encourage patient to participate to the extent they are able during their bathing
- Only expose area currently being washed during bathing to prevent chill
- Move from face down to toes, then return to perineal area, then buttocks and back during bathing
- Ensure skin is patted, not rubbed, dry during bathing
- Ensure water temperature is correct to be comfortable for patient and also warm enough to stimulate circulation
- Perform oral care
- Perform hygiene on patient's hair and nails
- Perform catheter care if present, ensure that the bag is always lower than patient.
- Turn and reposition patient q2h and prn