

## SFHCHS11

# Undertake personal hygiene for individuals unable to care for themselves



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### Overview

This standard covers undertaking personal hygiene for those individuals who are unable to care for themselves. This includes care of the skin, mouth, nose, eyes and ears. This is may occur in hospital intensive care and high dependency situations but would also apply in care/residential homes, hospices and the individual's own home. On occasions you may be required to carry out these activities under aseptic conditions and you will need to follow local guidelines and procedures.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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### Performance criteria

*You must be able to:*

- P1 apply standard precautions for infection prevention and control and take other appropriate health and safety measures
- P2 where applicable to the situation, use aseptic technique following local guidelines and procedures
- P3 check the individual's identity and confirm the planned activity
- P4 give the individual relevant information, support and reassurance in a manner which is sensitive to their needs and concerns
- P5 gain valid consent to carry out the planned personal hygiene
- P6 confirm all equipment and materials for personal hygiene are:
  - P6.1 as prescribed/detailed in the individual's plan of care
  - P6.2 appropriate to the procedure
  - P6.3 fit for purpose
- P7 carry out the personal hygiene:
  - P7.1 at an appropriate time according to the individual's plan of care
  - P7.2 using appropriate techniques
  - P7.3 in line with manufacturer's instructions
  - P7.4 in a manner which optimises the patient's comfort and dignity and minimises pain and trauma
- P8 observe and support the individual throughout the personal hygiene
- P9 recognise and report any condition or behaviour which may signify adverse reactions to the activity and take the appropriate action
- P10 record the outcomes of the activity correctly using the method agreed in your care setting
- P11 report your findings and/or activity to the appropriate member of the care team

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### Knowledge and understanding

*You need to know and understand:*

- K1 the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to undertaking personal hygiene for individuals unable to care for themselves
- K2 your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- K3 the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- K4 the importance of working within your own sphere of competence and seeking advice when faced with situations outside your sphere of competence
- K5 the importance of applying standard precautions to undertaking personal hygiene and the potential consequences of poor practice
- K6 what valid consent means and why it must be obtained and confirmed prior to actions being taken.
- K7 why individuals should be supported and told about the activity or procedure
- K8 why resources should be prepared before you start the activity
- K9 why your personal beliefs may cause you difficulties with certain procedures and how you manage this conflict in practice
- K10 the concerns and worries which individuals or client groups may have in relation to some personal hygiene activities
- K11 the adverse reactions which may occur during and following personal hygiene activities and how to identify and deal with these
- K12 the anatomy and physiology relevant to cleansing the:
  - K12.1 skin
  - K12.2 nose
  - K12.3 mouth
  - K12.4 eyes
  - K12.5 ears
- K13 the equipment and materials required for the procedure
- K14 the importance of undertaking personal hygiene activities for individuals
- K15 why you should follow the procedure exactly as it is specified, and the potential effects of not doing so
- K16 why questions which are beyond your role or knowledge need to be passed onto the appropriate member of the care team
- K17 the following regarding records:
  - K17.1 the importance of keeping accurate and up to date records

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- K17.2 the specific records required for each personal hygiene activity you are required to undertake
- K18 the importance of immediately reporting any issues which are outside your own sphere of competence without delay to the relevant member of staff

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### **Additional Information**

#### **External links**

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB5 Provision of care to meet health and wellbeing needs

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**Developed by** Skills for Health

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**Version number** 1

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**Date approved** June 2010

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**Indicative review date** June 2012

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**Validity** Current

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**Status** Original

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**Originating organisation** Skills for Health

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**Original URN** CHS11

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**Relevant occupations** Health, Public Services and Care; Health and Social Care; Managers and Senior Officials; Associate Professionals and Technical Occupational; Health and Social Services Officers; Health Associate Professionals; Personal Service Occupations; Healthcare and Related Personal Services

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**Suite** Clinical Health Skills

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**Key words** Medication, Specimens, Treatment/therapy, Examination, Dialysis, Life Support