

SFHCHS11 - SQA Code HD2H 04

Undertake personal hygiene for individuals unable to care for themselves



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.

SFHCHS11 - SQA Code HD2H 04

Undertake personal hygiene for individuals unable to care for themselves

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

SFHCHS11 - SQA Code HD2H 04

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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

SFHCHS11 - SQA Code HD2H 04

Undertake personal hygiene for individuals unable to care for themselves

- 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

SFHCHS11 - SQA Code HD2H 04

Undertake personal hygiene for individuals unable to care for themselves

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

The candidate and assessor must only sign below when all Performance Criteria and Knowledge points have been met.

Unit assessed as being complete

Candidate's Name:	
Candidate's Signature:	
Date submitted to assessor as complete:	

Assessor's Name:	
Assessor's Signature:	
Date assessed as complete:	

Internal Verification —

to be completed in accordance with centre's IV strategy

Evidence for this Unit was sampled on the following date/s:	IV's Signature	IV's Name

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

Date of admin check	IV's Signature	IV's Name

Unit completion confirmed

IV's Name:	
IV's Signature:	
Date complete:	