

13

Personal Care Skills

1. Describe the home health aide's role in assisting clients with personal care**Short Answer**

1. Why should the home health aide explain to the client what he will be doing before beginning a task?

2. List three things that the home health aide should observe when providing or assisting with personal care.

2. Explain guidelines for assisting with bathing**True or False**

1. _____ Bathing promotes health and removes perspiration and dirt from the skin.
2. _____ The axillae (underarms) should be washed three times per week.
3. _____ When washing a client's eyes and face, the home health aide should use a warm, soapy washcloth.
4. _____ The perineum should be washed every day.

5. _____ Older skin produces more perspiration than younger skin.
6. _____ The client should test the temperature of the water before bathing because she is best able to choose a comfortable water temperature.
7. _____ When washing a female's perineal area, the home health aide should wipe from back to front.
8. _____ Using bath oils during baths is helpful for clients with dry skin.
9. _____ Checking to make sure the room is warm enough for the client before bathing is important.
10. _____ Before performing perineal care, the home health aide should change his gloves.

3. Describe guidelines for assisting with grooming**True or False**

1. _____ It is better for a client to wear nightclothes during the day, rather than regular clothes, because nightclothes are more comfortable.
2. _____ The home health aide, rather than the client, should choose a client's clothing for the day because the home health aide can do it faster.
3. _____ Front-fastening bras are easier for clients to work by themselves.
4. _____ When dressing a client who has a weakness or paralysis on one side, the home health aide should dress the stronger side first.

5. ____ Clothing that is a size smaller than the client normally wears is easier to put on.
 6. ____ If a client has a weaker left arm due to a stroke, the home health aide should place the weaker arm through the garment first.
 7. ____ As long as the client has no cuts on his face, the home health aide does not need to wear gloves while shaving him.
 8. ____ Lice eggs are brown or white.
 9. ____ When providing foot care, the home health aide should put lotion on dry areas between the toes.
 10. ____ When assisting with grooming, the home health aide should let the client do all that he can for himself.
 11. ____ Before giving nail care to a client, the home health aide should soak the client's hands and nails in water.
 12. ____ Clients who are taking anticoagulant medication (blood thinners) may need to use an electric razor rather than a safety or disposable razor.
4. Dentures must be handled carefully because
 - (A) A client cannot eat without them
 - (B) They do not cost much
 - (C) A client will look unattractive without them
 - (D) They are sharp
 5. How should dentures be stored?
 - (A) In denture solution
 - (B) On the counter near the sink
 - (C) Wrapped in a paper towel
 - (D) In hot water
 6. If a home health aide is reinserting a client's dentures, the client should be
 - (A) Lying flat on his back
 - (B) Standing
 - (C) Sitting upright
 - (D) Lying down on his side

5. Explain care guidelines for prosthetic devices

True or False

1. ____ Hearing aids should be soaked in warm water before cleaning them.
2. ____ When cleaning the eyelid after an artificial eye is removed, the home health aide should wipe gently from the outer area toward the inner area.
3. ____ Prostheses are relatively inexpensive and are easy to replace.
4. ____ Artificial eyes are held in place by a special type of glue.
5. ____ In general, hearing aids should be cleaned daily.
6. ____ A prosthesis is a device that replaces a body part that is missing or deformed because of an accident, injury, illness, or birth defect.
7. ____ Artificial eyes should be rinsed in rubbing alcohol to prevent infection.
8. ____ If a prosthesis is broken, it is best for the home health aide to try to repair it before bothering her supervisor about it.

4. Identify guidelines for oral care

Multiple Choice

1. When must oral care be done?
 - (A) After the last snack of the day
 - (B) Before lunch is eaten
 - (C) After the afternoon snack
 - (D) Before dinner is served
2. The inhalation of food, fluid, or foreign material into the lungs is called
 - (A) Peristalsis
 - (B) Aspiration
 - (C) Pediculosis
 - (D) Hygiene
3. In which position should an unconscious client be placed before giving oral care?
 - (A) Sitting upright
 - (B) Flat on his back
 - (C) Reclining slightly in a chair
 - (D) Turned on his side

9. ____ When observing the skin on the stump, it is important that the home health aide check for signs of skin breakdown.

6. Explain guidelines for assisting with elimination

Multiple Choice

- A fracture pan is used for urination with
 - Any client who cannot get out of bed
 - Clients who cannot raise their hips
 - Clients who have problems with incontinence
 - Clients who have difficulty urinating
- Men will generally use a ____ for urination when they cannot get out of bed.
 - Urinal
 - Fracture pan
 - Toilet
 - Portable commode
- Clients who can get out of bed but cannot walk to the bathroom may use a(n)
 - Toilet
 - Urinal
 - Portable commode
 - Indwelling catheter
- The best position for bowel elimination is
 - Squatting and leaning forward
 - Lying flat on the back
 - Lying on the left side
 - Leaning backward
- Which of the following statements is true of properly positioning a standard bedpan?
 - A standard bedpan should be positioned with the narrower end aligned with the client's buttocks.
 - A standard bedpan can be positioned either toward the foot or head of the bed.
 - A standard bedpan should be positioned with the wider end aligned with the client's buttocks.
 - A standard bedpan should be positioned sideways and slightly tilted.

6. When should the removable container in a portable commode be cleaned?
 - After each use
 - Once a week
 - When the client requests it to be cleaned
 - Once per hour

7. Describe how to dispose of body wastes

Short Answer

1. How must washcloths that have been used to clean perineal areas be washed?

2. Why must gloves be worn when handling bedpans, urinals, or basins that contain wastes?

Name: _____

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