

Status: Guideline: Offers direction and guidance on good practice, need not necessarily be strictly adhered to.	Policy No: ADLG 06 Version No: 0 Date Approved: 01/03/11 Review Date: 01/03/13
Title: Guidelines for Assisting a User of a Cheshire Service with a Facial Shave	
Written by: Clinical Practice Project Group	
Approved by: National Risk Management Committee	
Cross Reference: ICG 01, ICG 02, ICG 03, BPH 02	

1.0 Purpose

The purpose of these guidelines is to ensure appropriate assistance is offered to Cheshire service users with a facial shave and to ensure the dignity of the person is respected when staff are providing assistance.

2.0 Scope

These guidelines refer to all Cheshire Services where staff assist service users with a facial shave. All the activities of daily living are generic, however in line with the Best Possible Health plan, staff will assist service users to discuss their own personal care needs and put actions in place where needed. This will be recorded in the service user's Best Possible Health Personal plan and will be kept in a secure place of the service user's choosing. It will be adapted and updated as the needs of the service user changes.

3.0 Responsibility

- It is the responsibility of all staff involved in assisting service users with a facial shave to be familiar with and adhere to these guidelines.
- It is the responsibility of all service managers to ensure staff are familiar with the guidelines and to monitor compliance.

4.0 Definitions

N/A

5.0 Guidelines

Equipment

- Bowl of hot water
- Flannel/disposable cloth and towel
- Shaving cream or soap
- Razor
- Aftershave/cologne according to individual preference
- Disposable gloves.

Guidelines

- All Cheshire service users will be supported to manage their own shaving. However, in circumstances where this is not possible or the person chooses not to, Cheshire Ireland will provide support in line with a person centred approach as per the Best Possible Health plan.
- In relation to shaving, staff will respect the rights of Cheshire service users to be treated with sensitivity and respect as individuals, and to have wishes and opinions considered fairly (Cheshire Ireland National Consumer Committee, 2004).
- Many Cheshire service users may have electric razors and so will not require a wet shave. Communal electric razors will not be used, for infection control reasons.
- Engage with the service user to explain the process, to gain co-operation and consent and to ascertain usual habits.
- Ensure adequate privacy.
- Wash and dry hands thoroughly (Ref: Guidelines for Hand Hygiene, ICG 02).
- Refer to Guidelines for the use of Personal Protective Clothing (ICG 01) to establish need for gloves.
- Cover the service user's chest with a towel.
- Ask/assist the service user to wash their face.
- Apply the shaving cream or soap to the face, creating a good lather.
- Ensure that a sharp razor is used.
- Using short strokes of the razor in the direction of the hair growth, shave the face starting with the cheeks and moving down towards the neck.
- Use your free hand to gently pull the skin taut. People can often help by making facial movements that tighten the skin being shaved, e.g. filling out cheeks with the tongue.
- Avoid any raised areas such as moles or blemishes.
- Rinse the razor off in the hot water after each stroke.

- When the entire face and neck have been shaved, rinse with clean water and pat dry with a towel.
- Apply aftershave or cologne as required.
- Assist the person to return to bed or chair as per personal preference. Ensure the person is comfortable.
- If any problems which are not being treated are highlighted, please identify in Best Possible Health Priority Areas for Action for Personal Care. This may require appointments with a G.P. or other clinical referral.

Guidelines – Aftercare of Equipment

- The basin should be thoroughly cleaned using a brush or disposable cloth and hot detergent water. Rinse carefully. If a service user with a skin infection or wound has used the basin, clean with a non-abrasive chlorine releasing powder/cream.
- Discard disposable cloths into clinical waste.
- Send flannel, towels and linen to laundry.
- Discard the razor or used razor blades in a sharps bin (Ref: Guidelines for the Safe Handling and Disposal of Sharps, ICG 03).
- Replace any personal equipment in the service user's room.
- Remove gloves and wash and dry hands thoroughly (ICG 01, ICG 02).

Note

- For shaving any other body parts, such as under arms or legs, it is important to adhere to the same safe principles as those outlined above.
- Observe the service user's face for any raised areas such as new moles/changes in the normal skin or sores that bleed, itch, develop a crust or hurt. Report to key worker/line manager.

6.0 References

Mallett, J. & Dougherty, L. (2000). *The Royal Marsden Hospital Manual of Clinical Nursing Procedures*. Blackwell Publishing, Oxford.

Nicol, M., Bavin, C., Bedford-Turner, S., Cronin, P. & Rawlings-Anderson, K. (2004). *Essential Nursing Skills*. Mosby, United Kingdom.

Robertson, B. & O'Kell, S. (1995). *Study Guide for Health and Social care Support Workers*. First Class Books Pub., Bristol.

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