

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

1.0 Purpose

The purpose of these guidelines is to ensure appropriate assistance is offered to Cheshire service users with having a shower 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 having a shower. 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 showers 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

- Soap / shower gel
- Flannel / sponge
- Towels
- Brush and / or comb
- Toothbrush, toothpaste and denture pot if necessary
- Shampoo and conditioner if required
- Clean clothing
- Toiletries, make-up etc., according to individual preference
- Mobility aids if required
- Shower chair.

Guidelines

- All Cheshire service users will be supported to manage their own showering. However, in circumstances where this is not possible or the service user chooses not to, Cheshire Ireland will provide support in line with a person centred approach.
- In relation to showering, staff will respect the rights of Cheshire service users to be treated with sensitivity and respect as individuals, and to have wishes and opinions in relation to showering considered fairly (Cheshire Ireland National Consumer Committee, 2004).
- Engage with the service user to ascertain whether they prefer a bath or a shower.
- Explain the process to the service user and engage with the service user to ascertain usual habits.
- Check the shower room is available and that the shower is clean.
- Where appropriate a screen should be placed in front of the shower separating it from the door for privacy.
- Wash and dry hands thoroughly (Ref: Guidelines for Hand Hygiene, ICG 02).
- Run the shower, adjusting the water flow to the correct temperature. If possible request the service user to also check the temperature.
- Assist the service user with undressing as required, maintaining dignity by covering them with a towel.
- Where appropriate use a shower chair, thus the service user does not have to stand for long periods.
- Assist the service user to the shower chair if required. It is important to be aware of and adhere to the specific moving and handling requirements of the service user.

- Assist the service user to wash, encouraging as much independence in the task as possible.
- If leaving the service user to wash by themselves, ensure they have access to a call bell for assistance.
- If required, assist the service user to wash their hair, using the flannel as an eye-guard to avoid getting shampoo into the eyes.
- When the service user has finished washing and rinsing, turn off the shower.
- Assist the service user out of the shower adhering to their specific moving and handling requirements.
- Cover the service user with a towel as soon as possible, to provide warmth and maintain dignity.
- Assist the service user to dry, apply toiletries as requested and dress in chosen clothes. Assist the service user to brush/comb hair and clean their teeth or dentures as appropriate as per Best Possible Health Oral Hygiene care plan.
- Assist the service user to return to bed or chair as per personal preference. Ensure the service user is comfortable.
- Observe the condition of the service user's skin. Note and report any signs of inflammation, bruising, discoloration or rash in the Best Possible Health Personal plan and report anything unusual to the line manager/GP. Inform the service user of this.
- 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 GP or other clinical referral.

Guidelines – Aftercare of Equipment

- After the service user has finished in the shower room, return to the shower room to clean the shower and shower chair, open the windows, tidy the shower room, and take charge of the service user's clothes and toilet requisites.
- A shower and shower chair may be shared by a number of people, some of whom may have open wounds, skin infections etc. This means that the shower and shower chair can potentially transmit pathogenic micro-organisms from one service user to another. For this reason give careful attention to cleaning and disinfecting the shower and chair.
- The shower and chair 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 shower and chair, clean with a non-abrasive chlorine releasing powder/cream.

Troubleshooting:

Things that increase the chances of getting a pressure or skin sore:

Skin wet from sweat, urine or stool

Poor nutrition causing anemia (low blood count) and low protein

Slouching in bed or in the wheelchair

Fevers

Bumps or other injuries to the skin

Friction to the skin, caused by sliding or being pulled across a surface,
or by spasms

Clothing, braces, splints, etc., that are too tight

Burns

Worn out or improper equipment.

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.

Skin Care Spinal Injuries Ireland, National Rehabilitation Hospital, Rochestown Ave, Dún Laoghaire, Co. Dublin, Ireland.