

# In-Service Guide: Skin Care



# Shampooing & Bathing



1

## Use the following procedure for shampooing and bathing

*Materials needed:* Shampoo and body wash, washcloths, basin, pitcher, gloves, nail clippers and deodorant

Regulate temperature and flow of water prior to and during shower/bath or shampoo. Position resident to shampoo hair, offering washcloth to protect the eyes. Direct warm water close to scalp and away from face.



3

Fold washcloth into a mitt or gather corners together.



4

Supervise or assist resident in washing and rinsing, moving from clean to dirty areas. Wash and rinse the face using soap-free cleanser. Wipe the eyes from the inside to the outside, switching to a clean corner of the mitt before returning to inner eye/cleaning other eye.



5

Wash and rinse ears, neck, arms, axillas and shoulders, hands, fingernails and chest (clean well under the female breasts).



2

Apply a small amount of shampoo and body wash to scalp, work up lather and massage into scalp using tips of fingers — not fingernails. Rinse hair thoroughly and towel dry hair.



6

Wash and rinse abdomen, skin folds and umbilicus, legs and feet (including area between toes), back and neck area.



7

Wash and rinse peri area from front to back. **No assistance needed:** Instruct resident to wash and rinse “between legs” or “privates.” Give them privacy while task is being completed. **Assistance needed:** Wash hands, wear gloves and provide perineal care as appropriate. Remove gloves and wash hands after perineal care is completed.



8

Trim fingernails/toenails if needed/allowed. Complete tub or shower bath as appropriate. Dry resident completely. Apply deodorant to underarms.

# Perineal Care



## Use the following procedure for providing perineal care

**Materials needed:** Disposable washcloths/wipes, towels, linens, underpad, perineal cleaner, barrier cream and gloves

Wear gloves and use wipes to remove heavy soiling prior to perineal care. Then remove/discard gloves and wash hands. Place protective underpad under buttocks. Cover resident with linens and raise cover to expose perineum.



Wash hands and put on clean gloves for perineal care. Wet washcloth/wipe and apply perineal cleanser sparingly. Gently wipe perineal area, wiping from "clean" urethral to "dirty" rectal area to avoid contamination.\*



If indwelling catheter is present, hold and support catheter tubing to one side to avoid traction or unnecessary movement during procedure. When cleaning urethral area, gently spray and wipe the catheter tubing from urethra outward for about three inches of tubing. Keep drainage bag below level of bladder.



Turn resident on side. Spray wipe with perineal cleanser and gently wipe the remaining area, including the rectum and buttocks, without returning to the urethral area. Appropriately and gently cleanse from clean to dirty area, leaving entire area clean and dry.



Apply moisture barrier to buttocks and peri area. *Please refer to our Branded Products Catalog or [promedsupply.com](http://promedsupply.com) for additional information on barrier creams and washcloths.*



Remove soiled linen and place in an appropriate receptacle. Leave resident in position of comfort.

\* **For female residents:** Separate labia and gently wash down the center over the urethral area, wiping downward from **front to back** and stopping at the base of labia. Then wash and dry, as appropriate, the remaining perineal area, wiping from **front to back** and alternating from side to side and moving outward to the thighs.

**For male residents:** Wipe the urethral area in a circular motion. Continue to wash down the penis and the rest of the perineal area, including the scrotum, using **downward strokes** and working outward to the thighs. If uncircumcised male, retract foreskin before and replace foreskin after procedure. If an indwelling catheter is present, appropriately and gently wash and dry the tip of the penis, starting at urethra first and working outward in a circular motion. Then wash and dry the entire perineal area, including the penis, scrotum and outward to thighs.

## Cleanse, Moisturize and Protect

### Three steps to perineal skin care

Delicate skin is a delicate subject but the proper care of perineal skin can greatly increase the comfort, dignity and health of your incontinent residents.

According to the Centers for Medicare & Medicaid Services (CMS), skin problems related to incontinence and moisture can range from irritation to an increased risk of skin breakdown.<sup>1</sup> If perineal skin is exposed to urine or stool for prolonged periods of time, incontinence-associated dermatitis (IAD) can begin to develop.<sup>2</sup>

IAD is characterized by irritation and inflammation. Approximately 20 percent of long-term care residents have IAD, and 73 percent of them are incontinent. Residents with IAD are susceptible to developing secondary cutaneous infections, especially candidiasis, which thrives in warm, moist areas.<sup>3</sup> They are also more likely to develop pressure ulcers when other risk factors are present.<sup>2</sup>

### Preventing breakdown

One of the key steps to preventing skin breakdown and its complications is to keep perineal skin clean, moisturized and protected. According to Tag F315 of the State Operations Manual, research has shown that a soap and water cleansing regimen (which can dry the skin) might be less effective in preventing skin breakdown than a routine that includes no-rinse incontinence cleansers and moisture barriers. Moisturizers help to preserve skin's moisture by either adding moisture or sealing in moisture that is already there.<sup>1</sup>

To save time and increase efficiency, your facility might consider selecting a product that performs multiple steps, such as a no-rinse cleanser that also contains moisturizers and dimethicone to protect the skin. Barrier creams, such as those that contain dimethicone, are ideal for residents who have significant urinary incontinence as well as those with fecal or double incontinence (both urinary and fecal).

### Best-in-class products

Professional Medical's exclusive Embrace skin care products are the natural choice for delicate skin. They're designed to work together as a system to cleanse, moisturize and protect.

### Step 1: Cleanse

The Embrace family includes three convenient options for skin cleansing.

No-rinse **Embrace Moisturizing Cleanser & Skin Protectant with Breathable Barrier** freshens skin, helps prevent perineal rash and leaves behind a protective dimethicone layer.

**Embrace Skin Caring Total Body Foamer** is a gentle, no-rinse alternative to soap and water can be used on as a perineal cleanser, body wash and shampoo.

**Embrace Sensitive Skin Caring Washcloths with Breathable Barrier** are formulated with a gel-based blend of natural ingredients, including aloe, vitamin E, chamomile and sweet almond oil. Breathable dimethicone helps seal out wetness. The washcloths can be used with our other cleansers as an easy, convenient system for delivering great skin care.

### Step 2: Moisturize

**Embrace Skin Repair Cream** is a whole-body moisturizer designed for daily use. It protects and helps relieve dry, chapped or cracked skin. Dimethicone forms an invisible protective barrier.

**Embrace Moisturizing Hand & Body Cream** moisturizes and softens rough, dry skin. It can be applied to any area in need of moisturization. The formula is enriched with aloe vera, lanolin and vitamins A, D and E.

### Step 3: Protect

**Embrace Skin Protectant with Breathable Barrier** features organic aloe vera, chamomile and dimethicone to moisturize, freshen and soothe delicate skin.



# Lotion Application



1

## Use the following procedure for lotion application

*Materials needed:* Lotion

Pour a small amount of lotion into your hands and rub together to warm. Apply lotion to the body as needed.



3

Turn resident on side and uncover resident's back and (if acceptable to resident) buttocks. Keep remainder of body covered with top sheet or bath blanket.



4

Wash, rinse and dry skin of back if indicated. Pour small amount of lotion into your hands and rub hands together to warm.



5

Rub back for 2 to 3 minutes, including neck, shoulders and (if acceptable to resident) buttocks. Do not rub over bony prominences or reddened areas. Spread lotion over back.



2

Typical application includes shoulders, arms, hands, legs and feet (avoiding area between toes).



6

Put hands at base of spine and move hands up back, around shoulders, down sides of back and (if acceptable to resident) around buttocks.



7

Apply firmer pressure on upward strokes, using long, smooth strokes, and keep your hands in contact with resident's skin.



8

Rub in a circular motion upward along the spine, moving outward over back, including buttocks and coccyx.

# Handwashing



## Use the following procedure for handwashing

*Materials needed: Hand soap and clean paper towels*

Turn on warm water. Wet hands.



Vigorously rub hands together in a circular motion for at least 10 seconds.



Wash all surfaces of the fingers and hands (up to the wrist).



Clean under nails if needed.





2

Apply soap to hands to produce lather.



6

Rinse hands thoroughly from wrist to fingertips, keeping fingertips down.



7

Dry hands on clean paper towel. Turn off faucet with paper towel.



8

Discard towel appropriately without contaminating hands.

# Hand Sanitizer Application



1

## Use the following procedure for hand sanitizer application

*Materials needed:* Hand sanitizer

Make sure that the product you are using is at least 60 percent alcohol. Apply a palmful of product to your cupped hand.



3

Place your right palm over the back of your left hand. Interlace your fingers and rub the surfaces together. Then repeat this with your left palm on the back of your right hand.



4

With your fingers interlaced, rub your palms together.



5

Curl your fingers under and rub the backs of your fingers against the palm of the opposing hand.



2

Rub your palms together.



6

Wrap your right hand around your left thumb and rub the thumb in a rotating manner. Repeat this with your left hand on your right thumb.



7

Clasp the fingers of your right hand in the palm of your left hand and rub your fingers backward and forward. Then repeat this with your left hand and right palm.



8

Don't rush! This process should take at least 20-30 seconds. Once your hands are completely dry, you're ready to care for your residents!



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708-Skin\_Care\_Inservice\_Guide [03/16]