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|  PERICARE | NO. 237 |
| It is the policy of Winning Wheels to provide pericare to residents daily or as necessary.Equipment Needed:GlovesWashcloth and towel or hygienic wipesSoapProcedure For Females: - Tell the resident what you are going to do.- Provide privacy by pulling the privacy curtain closed and shut the room door in a semi- private room or shutting the door in a private room.- Wash hands.- Don Gloves.- Position the client in a back-lying position with knees flexed and spread well apart (if the resident's ROM permits).- Wash and dry the upper inner thighs.- Inspect the perineal area. Note in particular areas of inflammation, excoriation or swelling, in particular between the labia. Also note excessive discharge or secretions from the perineal-genital orifices and the presence of odors.- Clean the labia majora. Then spread the labia to-wash the folds between the labia majora and the labia minora. Use separate corners of the washcloth for each fold and wipe from the pubis to the rectum.- Rinse the area well.- Dry the perineum thoroughly, paying particular attention to the folds between the labia.- Inspect the labia and perineal orifices for intactness. Inspect particularly around the urethra for women who have indwelling catheters.Rationale - A catheter may tend to cause excoriation around the urethra.- To clean between the buttocks, assist the client to turn on her side facing away from the caregiver. Pay particular attention to the anal area. Clean the anus with toilet tissue before washing it, if necessary. Dry the area well.- Report to the nurse on duty significant assessments, such as redness, swelling, or discharge, excoriation, and/or open area.- Wash hands. - Reglove. Dispose of soiled linen. |
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|  PERICARE | NO. 237 |
| Procedure For Males:- Tell the resident what you are going to do.- Provide privacy by pulling the privacy curtain closed and shut the room door in a semi-private room or shutting the door in a private room.- Wash hands.- Don gloves.- Position the client in a supine position with knees slightly flexed and hips slightly externally rotated (if resident's ROM allows). - Wash and dry the upper inner thighs.- Wash and dry the penis using firm strokes. If the resident is uncircumcised, retract the prepuce (foreskin) to expose the glans penis (the tip of the penis) for cleaning. Replace the foreskin after cleaning the glans penis.- Wash and dry the scrotum. The posterior folds of the scrotum may need to be cleaned with the buttocks.- Wash hands. Reglove. Remove soiled linen from room.- Wash hands.- To clean between the buttocks, assist the client to turn on his side facing away from the caregiver. Pay particular attention to the anal area. Clean the anus with toilet tissue before washing it, if necessary. Dry the area well.- Report to the nurse on duty significant assessments such as redness, swelling, discharge excoriation,  and / or open areas.- Use gentle strokes to promote skin integrity.- Wash hands. Reglove. Remove soiled linen from room. Wash hands. |
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