

Perineal Care Female & Male

NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: Perineal Care Female & Male

Supplies Needed

1. Bath towel and at least 4 washcloths
2. Soap
3. Bath Blanket
4. Waterproof Pad
5. Wash Basin
6. Resident's clothing
7. Disposable non-sterile gloves and laundry bag or plastic linen bag
8. Hand-washing solution

Procedures/Steps to Follow to Perform the Task

1. Identify the Correct Resident
2. Explain the procedure to the resident.
3. Put on gloves.
4. Assemble the equipment above.
5. Cover the Resident with Bath Blanket then move the bedding to the bottom of the bed to provide privacy
6. If able raise the bed to good working position/good body alignment
7. Fill the Wash Basin with water with temperatures of about 105 to 109 degrees F; then place on Table close to Resident.
8. Place Waterproof pad under her buttocks. Protect the person and dry linen from the wet or soiled linen.
9. Help resident to Flex their knees and spread their legs.
10. Wet the washcloth and squeeze out excess water from washcloth. Fold over hand into a mitt. Apply soap to mitt

FEMALE:

11. Separate the labia. Clean downward front to back with one stroke with one of the washcloths.
12. Repeat step 10 & 11 with remaining cloths as needed to clean the entire perineum area.
13. Pat the area dry with the towel. Dry front to back.

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MALE:

14. Follow Steps 1 thru 10.
15. Retract the foreskin if the Resident is not circumcised.
16. Grasp the Penis.
17. Clean the tip. Use a circular motion. Start at the meatus of the urethra, and work outward. Using a clean part of the washcloth each time and repeat as needed to clean thoroughly.
18. Return foreskin to its natural position.
19. Clean the shaft of the penis. Use firm downward strokes. Rinse the area.
20. Clean the scrotum. Rinse well. Observe for redness and irritation of the skin folds.
21. Pat dry the penis and the scrotum, using a clean towel.

Both Female and Male:

22. Assist Resident to roll over to their side.
23. Apply soap to additional washcloth
24. Clean the Rectal Area. Clean from the vagina to the anus with one stroke. Repeat this step until area is clean. CAUTION; Use a clean area or clean washcloth with each stroke as necessary to clean the rectal area.
25. Also note; May apply KY Jelly to warm wet washcloth to remove “tar-like” stool from skin to prevent abrasion and/or skin breakdown.
26. Pat the area dry with towel. Dry from front to back.
27. Remove any wet or soiled incontinence products and remove waterproof pad.
28. Remove and discard the gloves. Wash hands thoroughly.
29. Put on clean gloves.
30. Provide clean and dry linens and incontinence procedures as needed.

Outcomes

1. Personal Perineum care will be maintained
2. Resident’s dignity will be protected during procedure
3. Resident will maintain good skin health.
4. Resident will have a sense of well-being.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact)

1. Check for any signs of skin breakdown during the Perineum Care. If any rash, redness or breakdown is noted, document in Progress Notes and notify nurse.
2. Use extreme caution in the bathroom to avoid falls. This is a high-risk area, especially with wet floors.
3. Use STRICT Standard Precautions using Personal Protective Equipment; gloves, hand washing, masks if indicated...etc.

