

NURSING SERVICE GUIDELINES INPATIENT BEHAVIORAL HEALTH

Guideline: Personal care

Policy Number Superseded:

Responsibility: All trained inpatient behavioral health staff

Purpose of Guideline: When patients are unable to perform the daily activities required for personal hygiene and grooming, nursing personnel will assist the patient. Adequate nursing care promotes improved socialization, increases the patient's self-esteem, and reduces the patient's perception of overall isolation.



Effective Date:
September 2023

Initial Effective Date:
August 2020

Procedure:

- (A) When the nurse determines that the patient is unable to assume total responsibility for personal hygiene, the nurse will assign staff members to assist the patient.
- (B) If a patient has a history of sexual abuse, the staff will ask the patient's permission to assist with washing of genital areas if unable to do so on their own.
 - (1) There will be two staff members present with the patient for safety and security.
 - (2) Preferred gender of staff, if available, may be recognized for assistance.
- (C) For some adolescent patients and those that need intense care during bathing, a parent and/or guardian may be asked to assist with the bathing activity.
 - (1) Staff members will provide the necessary grooming supplies and check on the patient throughout the process.
 - (2) If the parents elect to assist the patient, then grooming will be done during the last part of visitation or visitation may be extended past regularly scheduled times for this to be completed.

- (3) However, if the family member is currently under investigation by a children's social service agency and has supervised visitation, they will not be allowed to bathe the child.
- (D) Patient education will be provided based on the patient's age/developmental level and according to his/her assessed needs.
- (E) Grooming and ADL skills/completion will be assessed daily.
- (F) Grooming and other daily activities of care include, but are not limited to: bathing, proper oral hygiene, hair care, and toileting.
- (G) The nursing staff members assigned to assist the patient are responsible for completing documentation.
- (H) Incontinent patients are cleaned and bathed immediately upon voiding or soiling with due regard to privacy.
- (I) Incontinent patients may be toileted every two hours to maintain cleanliness.
- (J) Changes in the patient's ability to perform ADL's independently will be reported to the multidisciplinary team in treatment team meetings.

Approved by:
Kurt Kless, MSN, MBA, RN, NE-BC
Chief Nursing Officer

Initial effective date:
August 2020

Review/Revision Completed by:
Tamara Cerrone, BSN, RN
Stephanie Calmes, Ph.D., LPCC-S,
LICDC-CS, Administrative Director

Review/Revision Date:
September 2023

Next review date:
September 2026