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居家個人衛生-洗頭
Home Personal Hygiene-hair cleanliness

一、原則及注意事項：

1. 協助個案每週到浴室洗頭1-2次；若無法下床，則執行床上洗頭技術。
2. 洗頭時以指腹按摩，不可用指甲抓，以免傷害頭皮。
3. 注意水或泡沫勿跑到眼睛或耳朵。

一、Principles and notes：

1. Help the patient to wash hair 1-2 times per week. If the patient is bedridden, then wash his/her hair in bed.
2. When washing hair, don't use the fingernails to scratch the scalp. Instead, use the finger pulps to massage the scalp in order not to harm it.
3. When washing hair, be careful to avoid water and foam from getting into the patient's eyes and ears.

二、準備用物：

溫水(41-43°C)、水桶、水瓢、大毛巾、毛巾、洗頭槽、洗髮精、梳子、吹風機

二、Preparations：


warm water (41 to 43 degree- Celsius)、pail、water ladle、bath towel、towel、shampoo basin、shampoo、comb、hair dryer.

三、方法：

1. 先測試水溫，溫度應維持在41-43°C。
2. 準備好洗頭槽。
3. 協助個案平躺，頭移到床沿將洗頭槽放在頭頸部，其下接放預裝髒水的桶中。
4. 以洗髮精搓洗頭髮，手指端搓擦頭皮，再用清水沖洗，可重複此步驟直到乾淨為主，注意水或泡沫勿跑到眼睛及耳朵。
5. 以乾毛巾裹頭髮，移去用物。
6. 安排舒適臥位後，擦乾頭髮再用吹風機將頭髮吹乾，吹乾後梳理整齊即可。

三、Methods：

1. Test the water temperature. The temperature should maintain in 41 to 43 degree- Celsius.

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2. Prepare the shampoo basin.
3. Help the patient to lie down, and then shift his/her head to the bed edge. Put the shampoo basin under the patient' s neck and place a pail on the floor to catch the dirty water underneath the shampoo basin.
4. Use the shampoo to wash the patient' s hair and rub the scalp with finger pulps. Then, wash the shampoo off with clean water. You may repeat the procedure till the hair is clean and be careful to avoid water and foam from getting into the patient' s eyes and ears.
5. Wrap around the hair with a dry towel, and then tidy up the place.
6. Help the patient to lie down comfortably, and use a towel to rub the hair dry. Then, dry the hair with a hair dryer, and finally comb the hair neatly.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。