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### 居家個人衛生-清潔手腳

### Home Personal Hygiene- hands and pedicure cleanliness

清潔並清除手和腳之皮屑，會減輕身體的異味與發炎感染的機會。

Clean and purge of furfur of hands and foot, which may decrease peculiar smell and chance of being infected.

#### 一、原則及注意事項：

1. 淋浴或盆浴時，徹底以肥皂清潔每一隻手指、腳趾，尤其是指（趾）間，需搓揉至乾淨為止；若為床上擦澡，則於擦澡後再做足部護理，搓揉至乾淨為止完成。
2. 搓洗動作應輕柔，勿強行撕下皮屑，以免造成傷口。
3. 若有雞眼或硬繭，勿用刀片剪或用酒精強效藥物塗抹。
4. 若有糖尿病病史者，應注意勿造成傷口。
5. 可用乳液潤滑皮膚，並保持雙腳之乾爽，應穿乾淨棉質的襪子及舒適合腳的鞋子。

#### 一、 Principles and notes


1. When taking a shower or bathing in the tub, clean every finger and toe thoroughly, especially the seams, which should be scrubbed till clean; what's more, if given a sponge bath, after it's finished and then undergo the foot care as well as mentioned.
2. Scrub gently and don't tear callus off which may cause wounds.
3. If there are corns or callus, never cut with blades or apply with strong-alcohol ointment.
4. Be aware of those with diabetes, don't make them wounded.
5. Apply cream to skins and maintain skins dry and clear; also, remember to wear clean cotton socks and comfortable fit shoes.

#### 二、準備用物:

溫水(41-43°C)、臉盆、肥皂、毛巾、乳液、塑膠墊、指甲剪、銼刀

#### 二、 Preparations

warm water (41 to 43- degree- Celsius), washbasin, soap, towel, cream, cushion, nail clipper, nail file.

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### 三、方法：

1. 盆內水溫應維持在41-43°C。
2. 將塑膠墊置床上，將裝有溫水的盆子置於上。
3. 將一側的手放入盆中，浸泡數分鐘，再以肥皂搓洗每一隻手指，尤其指縫，沖水洗淨後換另一側手，以相同方法執行。
4. 手部完成後，進行腳的浸泡與搓洗，方法同前，注意趾間清洗至無皮屑止。
5. 修剪手指甲，應成弧形（圓）。
6. 修剪腳趾甲，但不可傷及皮肉，修剪後用銼刀修平，以防兩端長入趾肉內。

### 三、 Methods

1. Water should maintain in 41 to 43- degree- Celsius.
2. Put the plastic cushion on the bed and put the washbasin which contains warm water over it.
3. Soak hands in the basin for minutes and scrub every finger with soap, especially the seams, and flush with clean water then switch to the other hand.
4. After hands parts are finished, undergo the foot parts with the same methods and remember to clean the toe seams until there is no furfur.
5. Clip finger nail into curved shape with a nail clipper.
6. Cut the toenails flat and short to prevent the edges from growing into the nail bed, and please be careful not to hurt the skin.

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。