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居家個人衛生-身體清潔

Home personal hygiene - body cleanliness

減少身體異味、維持身體的清潔舒適


Decrease the body' s peculiar smell and maintain the body clean and comfortable.

一、原則及注意事項：

1. 個案可以下床，應每日淋浴或盆浴；若個案無法下床，則進行床上擦澡。
2. 應從身體乾淨的部位開始清洗。
3. 應注意水溫、隱私、安全、並預防跌倒。
4. 關節彎曲、皮膚皺褶的地方，要特別清潔，例如:乳下、腋下、腹股溝處。
5. 注意骨突處的皮膚有無發紅、長疹子或有傷口。
6. 個案若有尿管、造口或傷口，則先擦澡再做護理。
7. 執行床上擦澡時，動作應輕柔且隨時注意應常換水。

一、Principles and notes

1. If the patient can get out of bed, they should take a shower or tub bath every day. Otherwise, they should take a sponge bath on bed.
2. Start cleaning from the clean parts.
3. Pay attention to the water temperature, patient' s privacy and safety. Most importantly, we should prevent the patient from falling down.
4. Take special care in cleaning the joints and areas where the skin folds. For example: the parts below breast, armpit, groin, etc.
5. Pay attention to the skin part of the bony protrusion and see if there' s any redness, rash or wound.
6. Bed bath the body first and tender the urethra wound or other wounds later.
7. When doing the sponge bath, we should do it tenderly. If the water gets dirty, be sure to change it frequently.

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二、準備用物：

溫水(41-43°C)、臉盆、沐浴乳、大小毛巾、塑膠墊、乾淨衣褲

二、Preparation

warm water (41 to 43- degree- Celsius), washbasin, shower gel, towels, plastic cushion, clean clothe.

三、方法：

1. 能自己擦洗的個案，則盡量讓個案自己擦洗。
2. 先測試水溫，溫度應維持在41-43°C。
3. 將毛巾弄濕擰乾，沐浴乳適量抹在毛巾上，依序擦拭身體，再以溫水將肥皂充分擦淨，再用大毛巾擦乾身體，換上乾淨衣褲。
4. 擦拭部位順序：臉部→胸部→上臂→腹部→腿部→背部→臀部→會陰部。
5. 完成上述步驟後，手及腳的清潔依『居家個人衛生-清潔手腳』執行。
6. 需要時可塗抹乳液於身體乾燥部位。

三、Methods

1. If the patient can do the sponge bath by himself/herself, just let him/her do it as far as possible.
2. Test the water temperature. The temperature should maintain in 41 to 43 degree- Celsius.
3. Wet the towel and wring it out. Put the adequate amount of shower gel on the bath towel, and wipe the body orderly. Then, wipe the soap off with warm water, and rub the body dry with a large towel. When finishing all the steps, help the patient to put on his/her clean clothes.
4. Cleaning sequence: face→ chest→ upper arms→ abdomen→ legs→ back→ buttocks→ perineum.
5. After finishing the above steps, next part is about the hands and pedicure cleanliness, and please see the "Home Personal Hygiene - hands and pedicure cleanliness" guideline.
6. If necessary, we could apply cream to the dry parts of the body.

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。