**Assisting a Person to Shower Question Bank**

**Course Aim:**

One of the key roles of staff is the support of people's personal hygiene. Through this course you will discover how to provide full assistance when showering a person in your care.

**Learning Outcomes:**

* Understand the importance of maintaining personal hygiene (15%)
* Assist the person to shower safely whilst maintaining their dignity (70%)
* Assess and monitor the person and report any changes in their condition (15%)

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| QUESTIONS | All countries |
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| Multiple Choice | 5 |
| True/False | 6 |
| Fill the Gap | 5 |
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**Vocab**

**Multiple Choice**

Before commencing the shower, the staff member should:

Introduce themselves

Explain why they are there

Explain the steps involved

All of the other answers

Before commencing the shower, any cannula sites, dressings or wounds should be:

Temporarily covered

Remain uncovered

The person shouldn’t have a shower if they have any cannula sites, dressings or wounds

Which of the following is an example of a safe bathroom environment?

Poor lighting

Loose mats on the floor

Overflowing linen skip or hamper

Clean and functional equipment

Which of the following upholds a person’s privacy and dignity when assisting them to shower?

Closing the door

Keeping their genitalia covered to preserve their modesty

Encouraging the person to be involved as much as possible

All of the other answers

When testing the water temperature, you should:

Test it with your hand, then your inner forearm first

Test it on the person’s hand, then their inner forearm first

Age-related physiological changes that must be considered when assisting a person to shower include:

Impaired balance, movement and coordination

Increased sensitivity to temperature

Increased fragility of the person’s skin

All of the other answers

**True/False**

Everyone has the right to refuse a shower. True

You should not involve the person in choosing and collecting their toiletries. False

The same washcloth should be used for the face and the genitalia. False

If the person is able to hold the shower nozzle themselves, encourage them to direct the water flow and attempt as much of the task as possible. True

Soap or water should not enter the ear canal, as it may cause irritation. True

Always dress a person’s weak side last. False

**If you notice any change in the person’s current condition that may prevent them from showering, you should report it to your supervisor. True**

**Fill the Gap**

When assisting a person to shower, take a …………… approach.

head to toe

toe to head

genitalia first

The genital, buttocks and anal area should be washed …………….

last

first

in whichever order the staff member chooses

To avoid getting water and shampoo into a person’s eyes, ask the person to tip their head …………….

backward

forward

to the side

Pay particular attention to ……………………………., as the collection of sweat creates an environment where microorganisms can thrive.  
the front of the knees  
the ear canal  
under the breasts and abdominal folds

If the male is uncircumcised, gently retract the foreskin ……… washing the penis.

before

after

whilst

**Sequencing**

Drag and drop the steps, placing them in the correct order for assisting a person to shower:

1. Check the person’s care plan
2. Wash the person’s face.
3. Wash the front of the person’s body.
4. Wash the person’s genitalia.
5. Dry the person’s body.
6. Assist the person to dress.