

# Course Information Sheet

## Assisting a Person to Shower

<b>Course Code</b>	AOC17034BHRNZ	<b>Course Series</b>	Care and Clinical
<b>Learning Pathway</b>	Developing		
<b>Course Description</b>	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.		
<b>Subjects covered include</b>	Personal Hygiene – Promoting Dignity and Independence – Assessment – Health and Safety – Hair Washing – Washing the Body – Washing the Genitalia, Buttocks and Anal area – Drying the Body – PPE – Dressing – Grooming – Documentation – Care Plan		
<b>Target Audience</b>	All Staff		

### Learning Outcomes

After viewing this course, participants should be able to:

- Understand the importance of maintaining personal hygiene
- Assist the person to shower safely whilst maintaining their dignity
- Assess and monitor the person and report any changes in their condition

### Did You Know?

- Encouraging and assisting a person to maintain good personal hygiene and grooming is an important part of maintaining their dignity and self-esteem.
- Good hygiene helps maintain physical health and proper cleansing removes bacteria, germs and odour.
- Assisting a person to shower allows any changes in a person’s condition to be identified and acted upon.

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## Subject Matter Expert

Dr Karen Watson is a lecturer with the University of Technology Sydney where she coordinates and teaches aged care. She is a registered nurse and academic focused on promoting evidenced-based care for older people and support to their carers in a variety of health settings

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## Key Definitions

Dignity	A state, quality or manner worthy of esteem or respect; and (by extension) self-respect. Dignity in care, therefore, means the kind of care, in any setting, which supports and promotes, and does not undermine, a person's self-respect regardless of any difference. <sup>1</sup>
Full Assistance	When a person is totally dependent on care staff to carry out the task.
Personal Hygiene	Personal hygiene refers to practices performed for one's health and wellbeing through cleanliness to reduce personal illness, provide healing from illness, maintain optimal health and wellbeing, enhance social acceptance and prevent the spread of illness to others. <sup>2</sup> Personal hygiene is an important aspect of a person's health because it affects the physical, mental, emotional and social wellbeing of the older person.
Respect	Shown to you as a human being and as an individual, by others, and demonstrated by courtesy, good communication and taking time. <sup>3</sup>

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<sup>1</sup> <https://www.scie.org.uk/publications/guides/guide15/selectedresearch/whatdignitymeans.asp>

<sup>2</sup> World Health Organisation

<sup>3</sup> <https://www.scie.org.uk/publications/guides/guide15/resources.asp>

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## What to Consider Before Assisting a Person to Shower

1. Introduce yourself when you enter the room, stating your name and position. Address the person by their preferred name. This is particularly important for people with dementia or cognitive impairment because they might not remember who you are.
2. If the person refuses a shower, try to find out why. They may not understand what you are saying, or there could be underlying issues that need attention. They may need a little more time to feel comfortable in disclosing their reasons for refusal. Good communication can facilitate this process.
3. If someone has a cognitive impairment and refuses a shower, try communicating the idea differently or consult their care plan for previously successful management strategies. They still have a right to choose so if they refuse you must stop and get advice from your supervisor.
4. A person being assisted to shower is often at their most vulnerable. Distress can be triggered by the shower environment and the way the shower is conducted, so again, make sure you're familiar with their preferences and history.

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## Resources to Support Your Learning

National Health Service. How to help someone you care for keep clean

<https://www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/how-to-help-someone-you-care-for-keep-clean/>

Alzheimer's New Zealand. Personal Care

<https://www.alzheimers.org.nz/information-and-support/support/supporting-someone/personal-care>

Carer's New Zealand

<http://carers.net.nz/information/advice-caring-for-older-skin/>

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## Active Learning Hours

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

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