

# Essential Assessment

## Assisting a Person to Shower

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.

### Part A

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*Select tick if the statement is TRUE or FALSE.*

1. Everyone has the right to refuse a shower.  
True  False
2. You should not involve the person in choosing and collecting their toiletries.  
True  False
3. The same washcloth should be used for the face and the genitalia.  
True  False
4. If a person can hold the shower nozzle themselves, encourage them to direct the water flow and attempt as much of the task as possible.  
True  False
5. 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  False

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## Part B

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Select the *MOST CORRECT* answer from the options below each question.

1. Before commencing the shower, the staff member should:
  - A. Introduce themselves
  - B. Explain why they are there
  - C. Explain the steps involved
  - D. All of the other answers
  
2. Which of the following is an example of a safe bathroom environment?
  - A. Clean and functional equipment
  - B. Loose mats on the floor
  - C. Overflowing linen skip or hamper
  - D. Poor lighting
  
3. Which of the following upholds a person's privacy and dignity when assisting them to shower?
  - A. Closing the door
  - B. Keeping their genitalia covered to preserve their modesty
  - C. Encouraging the person to be involved as much as possible
  - D. All of the other answers
  
4. When testing the water temperature, you should:
  - A. Test it with your hand, then your inner forearm first
  - B. Test it on the person's hand, then their inner forearm first

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## Part C

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Select the *MOST CORRECT* word or phrase to complete the sentence

1. When assisting a person to shower, take a ..... approach.
  - A. front to back
  - B. head to toe
  - C. toe to head
  
2. To avoid getting water and shampoo into a person's eyes, ask the person to tip their head .....
  - A. forward
  - B. to the side
  - C. backward
  
3. Pay particular attention to ....., as the collection of sweat creates an environment where microorganisms can thrive.
  - A. under the breasts and abdominal folds
  - B. the ear canal
  - C. the front of the knees
  
4. If the male is uncircumcised, gently retract the foreskin ..... washing the penis.
  - A. whilst
  - B. before
  - C. after
  
5. The genital, buttocks and anal area should be washed .....
  - A. in whichever order the staff member chooses
  - B. first
  - C. last

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