

Evidence Assessment

Assisting A Person to Shower

A Guide for Completing Evidence Assessment

This assessment below can be used by coordinators to illustrate that learners are able to apply the information they have learnt in relation to their own role and place of work. In addition to the corresponding Altura Learning course, assessors may need to provide learners with local organisational resources and policies for them to demonstrate this knowledge.

The assessment should be conducted by an assessor who is competent in the principles and requirements of providing full assistance when assisting a person to shower.

Observe the learner at work completing tasks appropriate to this subject and complete the table below. Add any notes on areas for improvement or extra information in the notes column. This observation can be repeated until you are happy that the learner is competent in this area.

Skills Audit

Criteria	Notes	✓/✗
Preparation		
• Consult the person’s care plan.		
• Assess manual handling risks.		
• Perform hand hygiene.		
• Introduce yourself to person, explaining why you are there, and the steps involved, and obtain consent.		
• Take note of any changes in the person’s current condition and report to the supervisor, if required.		
• Note any cannula sites, dressings or wounds that need temporary covering during the shower.		
• Check the bathroom environment to make sure it's safe and comfortable.		
• Turn on the lights and heater if necessary.		
• Make sure there are no trip or slip hazards like loose mats or water on the floor.		
• Ensure the equipment you're going to use is clean, functional and ready to use.		

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<ul style="list-style-type: none"> • Ensure there is a linen skip or hamper available. 		
<ul style="list-style-type: none"> • Set out the towels (two towels and two washcloths) and toiletries you will need and involve the person in choosing and collecting them if possible. 		
<ul style="list-style-type: none"> • Collect any continence aids, hip protectors and other aids or moisturiser that are specified in the person's care plan. 		
<ul style="list-style-type: none"> • Ask the person what clothes they'd like to put on after their shower and place these in the bathroom. 		
<ul style="list-style-type: none"> • Remove glasses and hearing aids, and store safely, as per the person's preferences. 		
Before Washing		
<ul style="list-style-type: none"> • Close the door for privacy. 		
<ul style="list-style-type: none"> • Ask the person if they would like to go to the toilet before their shower. 		
<ul style="list-style-type: none"> • Brush the person's hair before showering. 		
<ul style="list-style-type: none"> • If you are assisting a man, check whether he would prefer to shave before or after the shower. 		
<ul style="list-style-type: none"> • Perform hand hygiene. 		
<ul style="list-style-type: none"> • Don appropriate Personal Protective Equipment (PPE), as per your organisational policies and procedures and infection control guidelines. 		
<ul style="list-style-type: none"> • Assist the person to undress, obtaining their consent before commencing and maintaining the person's dignity throughout. 		
<ul style="list-style-type: none"> • Assist the person to sit safely into the chair, asking them to unfasten and lower their pants or skirt and underwear to just below the buttocks before sitting down. 		
<ul style="list-style-type: none"> • Once they sit down, drape a cloth over their genitals to preserve their modesty. 		
<ul style="list-style-type: none"> • Remove the clothing from the upper half of the person's body. If required, remove their clothing from their unaffected side first, then from their weak side. 		
<ul style="list-style-type: none"> • Place a towel around their shoulders for warmth and dignity. 		
<ul style="list-style-type: none"> • Remove their shoes and socks. 		

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<ul style="list-style-type: none"> Remove the clothing from their lower half. 		
<ul style="list-style-type: none"> Place the worn clothing in the appropriate laundry basket or skip, in accordance with the person's care plan and your organisation's policies and procedures. 		
Washing		
<ul style="list-style-type: none"> Direct the shower head away from the person and turn the water on — cold first, then hot, testing the water temperature with your hand, then your inner forearm, before testing it on the person's hand and then their forearm to ensure it's a comfortable temperature for them. 		
<ul style="list-style-type: none"> If they can hold the shower nozzle themselves, support the person's independence by encouraging them to direct the water flow and attempt as much of the task as possible. 		
<ul style="list-style-type: none"> Talk to the person during the task, to ease any discomfort, and take note of any changes, reporting to the supervisor if needed. 		
Washing the person's hair		
<ul style="list-style-type: none"> Assist the person to wash their hair, offering a washer to hold across their eyes to block the water and shampoo. 		
<ul style="list-style-type: none"> Put a small amount of shampoo, about 2cm in diameter, onto your hand and lather it, gently work it into the hair, starting at the top of the hairline and moving backwards. 		
<ul style="list-style-type: none"> Use your fingertips to gently massage the scalp. 		
<ul style="list-style-type: none"> When rinsing, pull the pinna forward or place your hand over the ear to stop water entering the ear canal. 		
<ul style="list-style-type: none"> Apply conditioner to the hair if needed and rinse well. 		
<ul style="list-style-type: none"> Gently towel dry the person's hair. 		
Washing the person's face and neck		
<ul style="list-style-type: none"> Use the washer to make a mitt. 		

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<ul style="list-style-type: none"> • Ask them to close their eyes, and using only water, gently wipe the eyes from the inner part of the eye to the outer part. 		
<ul style="list-style-type: none"> • Look for any discharge, inflammation or discoloration of the eyes. 		
<ul style="list-style-type: none"> • Ask the person if they would like their soap or a soap substitute used on their face. If they do, put a small amount, about 1 cm in diameter, onto the mitt and lather it. 		
<ul style="list-style-type: none"> • If required, gently stretch the skin with one hand as you wash with the other. 		
<ul style="list-style-type: none"> • Clean the nasal area, lightly pressing the washer to loosen any crusty debris. 		
<ul style="list-style-type: none"> • Rinse their face thoroughly. 		
<ul style="list-style-type: none"> • Gently clean the crevasses in the pinna of the ear. 		
<ul style="list-style-type: none"> • Offer to dry the person's face before proceeding. 		
<ul style="list-style-type: none"> • Wash their neck, including the crevasses in the skin. 		
Washing the person's body		
<ul style="list-style-type: none"> • Lather the washcloth and use a gentle circular motion on the front of the body. 		
<ul style="list-style-type: none"> • If required, lift each breast and clean underneath. Look for moles, discharge, lumps, inverted nipples, or dimpled skin. 		
<ul style="list-style-type: none"> • Gently clean the umbilicus. 		
<ul style="list-style-type: none"> • Wash the lower abdominal area thoroughly. 		
<ul style="list-style-type: none"> • When you're finished, rinse the area. 		
<ul style="list-style-type: none"> • Ask the person to lean forward slightly and with one hand on the person's shoulder for support, wash their back. 		
<ul style="list-style-type: none"> • Look for any abnormalities, then rinse. 		
Washing the person's arms and hands		
<ul style="list-style-type: none"> • If the person needs assistance, wash their upper and lower arms with long firm strokes. 		

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<ul style="list-style-type: none"> Wash the person's hands. If their hand is clenched, open the hand slowly, to minimise any pain or discomfort to the person. Gently wipe between the fingers and clean the nail beds. 		
<ul style="list-style-type: none"> Inspect the fingernails for cleanliness and signs of flaking, breakage or infection. 		
<ul style="list-style-type: none"> Wash the person's armpits. 		
<ul style="list-style-type: none"> Then rinse their arms and armpits and put a towel across their shoulders to keep them warm. 		
Washing the person's legs and feet		
<ul style="list-style-type: none"> Wash the legs gently with a circular motion from the top down. 		
<ul style="list-style-type: none"> Wash the feet, gently wiping between each toe. 		
<ul style="list-style-type: none"> Observe the cleanliness and condition of the toenails and note if they need to be cut. 		
<ul style="list-style-type: none"> Report any evidence of ingrown toenails. 		
<ul style="list-style-type: none"> If you observe any signs of infection, call for your supervisor if urgent, or inform them after the shower. 		
Washing the person's genitalia		
<ul style="list-style-type: none"> Explain what you intend to do and obtain consent before proceeding. 		
<ul style="list-style-type: none"> If you're not already wearing gloves wash and then dry your hands thoroughly with paper towel and put on gloves. 		
<ul style="list-style-type: none"> If they're able to, gently assist the person into a standing position. 		
<ul style="list-style-type: none"> Wash the back of their legs first. 		
<ul style="list-style-type: none"> Use the modesty washcloth to wash the genitalia. Always clean front to back to avoid infection from the anal area. 		
<ul style="list-style-type: none"> Look for any unusual discharge, redness, lumps, swelling or rashes. 		
<ul style="list-style-type: none"> If washing a male who is uncircumcised, gently retract the foreskin before washing the penis. 		

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<ul style="list-style-type: none"> Wash gently around the scrotum, lifting it carefully to ensure the underlying skin folds are washed. Note any abnormalities in the size, shape or symmetry in the scrotal area. 		
<ul style="list-style-type: none"> Rinse the tip of the penis and foreskin thoroughly and dry the area gently using a towel reserved for the genitals, before returning the foreskin to its natural position. 		
<ul style="list-style-type: none"> If you are assisting a woman, use a gentle motion to wash from the front to the back. Look for any unusual discharge, redness, lumps, rashes or other abnormalities. Take note of any signs of vaginal prolapse and report to your supervisor. 		
<ul style="list-style-type: none"> Clean the buttocks and anal area last, using firm strokes from front to back. 		
<ul style="list-style-type: none"> Use a towel dedicated to the genitals only to gently pat dry the area. 		
<ul style="list-style-type: none"> Discard your gloves. 		
<ul style="list-style-type: none"> Use paper towels to dry the shower chair, working from top to bottom. 		
<ul style="list-style-type: none"> Assist the person to sit down. 		
Drying the person		
<ul style="list-style-type: none"> Drape the genital towel over the person's lap for modesty. 		
<ul style="list-style-type: none"> Remove any temporary plastic covers from cannula, wound or dressing sites. 		
<ul style="list-style-type: none"> Pat dry the person gently and thoroughly from top to bottom, being mindful to avoid causing any skin tears, and paying particular attention to the area under the breasts, the abdominal folds, the umbilicus and between fingers and toes. 		
<ul style="list-style-type: none"> Place a towel on the floor. 		
<ul style="list-style-type: none"> Ask if the person feels dry. 		
<ul style="list-style-type: none"> Apply any moisturisers as specified in the person's care plan immediately after drying, applying in the direction of the hair growth. 		
<ul style="list-style-type: none"> Assist the person to apply any deodorants, aftershaves or perfumes they would like to use. 		

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<ul style="list-style-type: none"> If appropriate, apply any other creams as detailed in the person's care plan / medication chart in accordance with your organisation's policies and procedures. 		
<ul style="list-style-type: none"> Remove PPE, as per your organisation's policies and procedures. 		
Dressing the person		
<ul style="list-style-type: none"> Leave their modesty towel in position and dress the upper part of their body first to keep them warm. If the person has a weakness on one side, their weak side is dressed first. 		
<ul style="list-style-type: none"> Put the person's socks on first. 		
<ul style="list-style-type: none"> Slip their underpants and hip protectors (if needed) over the feet, then slip their trousers or skirt over their feet. 		
<ul style="list-style-type: none"> Place the person's footwear on. 		
<ul style="list-style-type: none"> Support the person to stand, then assist them to pull up their clothes, fitting any aids, such as continence aids. 		
Grooming		
<ul style="list-style-type: none"> Assist the person with other hygiene and grooming, according to their care plan. 		
<ul style="list-style-type: none"> If the person wears glasses, wash the glasses and dry them with a non-abrasive cloth. 		
<ul style="list-style-type: none"> Assist the person with their hearing aid, if they use one. 		
<ul style="list-style-type: none"> Assist the person with fitting any aids they need, such as slings, splints or prostheses. 		
<ul style="list-style-type: none"> Assist the person with their dental hygiene, brushing their hair and shaving, if needed. 		
<ul style="list-style-type: none"> Assist the person with any accessories they would like to wear. 		
<ul style="list-style-type: none"> Ensure the person is safe and comfortable. 		
Completing the task		
<ul style="list-style-type: none"> Store personal items appropriately. 		
<ul style="list-style-type: none"> Clean the bathroom and the shower chair, as per your organisation's policies and procedures. 		

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<ul style="list-style-type: none"> Remove the used towels and washcloths in accordance with the organisation's policies and procedures. 		
<ul style="list-style-type: none"> Perform hand hygiene. 		
<ul style="list-style-type: none"> Complete any required documentation. 		

Skills assessment completed satisfactorily:

Yes No

Comments/ action required:

Learner Name:

Signature:

Supervisor Name:

Signature:

DISCLAIMER:

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