

Checklist: Providing Perineal/Incontinence Care for a Female Patient

Providing Perineal/Incontinence Care for a Female Patient	Able to Perform	Unable to Perform
1. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
2. Gather supplies, including gloves, disposable wipes or washcloths, soap, warm water, towels, protective barrier products, clean linens, and incontinence products if needed.	<input type="checkbox"/>	<input type="checkbox"/>
3. Identify the patient using facility-approved identification procedures.	<input type="checkbox"/>	<input type="checkbox"/>
4. Explain the procedure and provide privacy by closing curtains or doors.	<input type="checkbox"/>	<input type="checkbox"/>
5. Raise the bed to a safe working height and lock bed wheels.	<input type="checkbox"/>	<input type="checkbox"/>
6. Apply appropriate PPE according to standard precautions and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
7. Position the patient comfortably on the back with knees bent and legs separated if tolerated.	<input type="checkbox"/>	<input type="checkbox"/>
8. Place a waterproof pad under the patient to protect linens.	<input type="checkbox"/>	<input type="checkbox"/>
9. Remove soiled incontinence products carefully and dispose of them in the appropriate receptacle.	<input type="checkbox"/>	<input type="checkbox"/>
10. Observe the skin for redness, irritation, breakdown, swelling, drainage, or other abnormalities.	<input type="checkbox"/>	<input type="checkbox"/>
11. Separate the labia gently using one hand to expose the perineal area.	<input type="checkbox"/>	<input type="checkbox"/>
12. Cleanse the urinary meatus first using warm water and mild soap or approved cleansing wipes.	<input type="checkbox"/>	<input type="checkbox"/>
13. Wipe from front to back using a clean area of the cloth or a new wipe with each stroke.	<input type="checkbox"/>	<input type="checkbox"/>
14. Clean one side of the labia from front to back, then repeat on the opposite side using a clean area of the cloth.	<input type="checkbox"/>	<input type="checkbox"/>
15. Clean the center of the perineal area from front to back.	<input type="checkbox"/>	<input type="checkbox"/>
16. Turn the patient to the side if necessary and cleanse the groin, buttocks, and rectal area from front to back.	<input type="checkbox"/>	<input type="checkbox"/>
17. Remove all soap residue and thoroughly cleanse away urine or fecal material.	<input type="checkbox"/>	<input type="checkbox"/>
18. Pat the skin dry completely, especially between skin folds, to reduce moisture and skin breakdown risk.	<input type="checkbox"/>	<input type="checkbox"/>
19. Apply moisture barrier cream or skin protectant according to care plan or facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
20. Apply a clean brief, pad, or incontinence product if needed.	<input type="checkbox"/>	<input type="checkbox"/>
21. Remove gloves and other PPE according to infection-control procedures.	<input type="checkbox"/>	<input type="checkbox"/>
22. Ensure the patient is comfortable and repositioned appropriately with clean, dry, wrinkle-free linens.	<input type="checkbox"/>	<input type="checkbox"/>
23. Lower the bed to the lowest safe position and ensure the call light is within reach.	<input type="checkbox"/>	<input type="checkbox"/>
24. Dispose of soiled linens and waste according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
25. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
26. Document the care provided, skin condition, incontinence status, abnormalities observed, and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>