

8.) PERINEAL CARE FOR A FEMALE CLIENT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS) [DEMONSTRATED ON A MANIKIN]

	Knock on the door.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the client (manikin).	
	Provide privacy - pull the curtain.	
	Fill a basin with comfortably warm water.	
	Raise the bed to a comfortable working height.	
	Put on gloves.	
	Remove covers from the client.	
	Make sure the client is comfortably positioned on their back.	
	Lift the client's gown to expose the perineum only.	
	Separate the labia.	
	Use water and a clean, soapy washcloth.	
	Clean one side of the labia from top to bottom.	
	Use a clean portion of a washcloth with each stroke for each step.	
	Clean the other side of the labia from top to bottom.	
	Clean the vaginal area from top to bottom.	
	Rinse the vaginal area from top to bottom.	
	Pat dry.	
	Assist the client in turning to their side.	
	Use water and a clean, soapy washcloth.	
	Clean from the vagina to the rectal area.	
	Use a clean portion of a washcloth for any cleaning stroke(s).	
	Rinse the area from the vagina to the rectal area.	
	Pat dry.	
	Position the client (manikin) on their back.	
	Place the soiled linen in an appropriate container.	
	Lower the bed.	
	Rinse the basin.	
	Return the basin to storage.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Leave the call light or signaling device within easy reach of the client.	

Oregon Mock Skills

	Wash hands- turn on the water. <i>-Continued on next page-</i>	
	Begins by thoroughly wetting hands.	
	Apply soap to hands.	
	Rub hands together for 20 seconds using friction with soap.	
	Wash all surfaces of your hands with soap.	
	Wash all surfaces of the wrists with soap.	
	Clean under fingernails with soap.	
	Using friction, rub interlaced fingers together while pointing downward with soap.	
	Rinse hands thoroughly under running water with fingers pointed downward.	
	Dry hands and wrists with a clean paper towel(s).	
	Turn off the faucet with a paper towel.	
	Discard paper towels in the trash container as used.	
	Do not re-contaminate hands at any time during the hand-washing procedure. (NOTE: These include touching the sides of the sink or faucet during the procedure, crumpling up the paper towel used to turn off the faucet with both hands before discarding, etc.)	