

[Day 4] Nursing care skill exercise table (procedure manual) answer example clothing care

Looking forward to returning home, Jiro Sato lives his daily life at a nursing home.

Every morning, Mr. Sato changes from button pajamas to trainers.

Please help Mr. Sato with his clothes while checking his health condition.

| Main support procedures | Points to keep in mind and main points/points in support procedures | Reason for Action (Basis) |
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| <p>① Observe the user's health condition</p> <p>(2) Explain the assistance that will be provided from now on and confirm the patient's intentions</p> <p>(3) Consider room temperature.</p> <p>④ Provide assistance that respects the user's intentions and intentions</p> <p>⑤ Confirmation of the user's posture</p> | <p>① Say hello by name Observation of "health condition" such as complexion and sleep It is necessary to check according to the situation. Since this exercise is in the morning, did you sleep? Confirmation of the physical condition can be imagined</p> <p>(2) Make eye contact and explain that you are going to change into trainers. · Confirm the person's intention so that they can answer "yes" or "no"</p> <p>③ Adjust the room temperature to make sure it's not cold. The normal room temperature is said to be 22 degrees ±2 degrees, but there are individual differences, so confirmation is necessary.</p> <p>④ Let the person choose the clothes to change into It's important to have a relationship that can be self-selection and self-determination. Be sympathetic about the clothing you choose.</p> <p>"I love you."</p> <p>⑤ Whether the bottom of the foot touches the floor, are you sitting deep Make sure you are sitting comfortably. Caregiver is positioned on the affected side</p> | <p>(1) To select the assistance method according to the physical condition of the day</p> <p>② To know what to do in the future and to act with peace of mind and conviction because of aphasia Ask in a way that allows you to confirm the person's intentions.</p> <p>(3) Sudden changes in temperature put a strain on Mr. Sato's body.</p> <p>④ Respect for the intention of the person become a motivator Supports mental independence</p> <p>⑤ To ensure safety Assistance in the sitting position is safer, as dressing in the standing position may cause loss of balance. Since the patient loses balance even in a sitting position, support is provided only when the patient cannot be positioned on the</p> |

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| <p>⑥ Putting on and taking off clothes</p> <p>⑦ Providing support for self-reliance</p> <p>⑧ Be considerate of health conditions and room temperature.</p> <p>⑨ Observe physical condition and skin</p> <p>⑩ Check the comfort</p> <p>⑪ Observe health condition</p> | <p>⑥⑦ <u>Take off your jacket</u></p> <ul style="list-style-type: none"> • In order to make it easier to take off the sleeve on the unaffected side, have the unaffected hand remove the clothing on the shoulder of the affected side. • Take off the sleeves of the upper limb on the unaffected side • Using the hand on the unaffected side, take off the sleeve of the upper limb on the affected side. <p><u>wear sweatshirts</u></p> <ul style="list-style-type: none"> • Place the clothes so that the front part of the garment is facing down and the collar is at the level of the knees. • Pass the sleeve from the upper limb of the affected side with the hand of the unaffected side • Hold the collar with the healthy hand and put your head in. • Pass the sleeve of the unaffected upper limb <p>Please fill in the steps carefully.</p> <p>⑧ Check the degree of fatigue and coldness.</p> <p>(9) Observe the skin condition of the whole body (redness, rash, dry skin, etc.) joint range of motion (how far the arm can go up) and pain.</p> <p>It is also necessary to observe the degree of understanding, such as whether you can act as instructed.</p> | <p>paralyzed side according to the principle of protecting the affected side.</p> <p>To help from the patient</p> <p>⑥ ⑦ It is difficult to move the affected side</p> <p>Elbows and shoulder joints do not come off from clothes, Because it gets caught, when you take it off, take it off from the healthy side</p> <p>When putting on, take off from the affected side.</p> <p>Comfortable clothes</p> <p>It will take time, but watch Help where you can't.</p> <p>Caregivers should protect the affected side, as there is a risk of falling from a chair or bed.</p> <p>⑧ Because the temperature difference takes a burden on the body.</p> <p>Since the method of support after that is determined according to the degree of fatigue and physical condition, it is necessary to check the physical condition.</p> <p>(9) When putting on and taking off, it is an opportunity to check the skin condition of the whole body and the general condition of the body, so observe while assisting.</p> <p>(10) Wrinkles not only make you uncomfortable to wear, but they may also affect your skin, so check with the person.</p> |
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| | <p>⑩ Arrange the collar, shoulders, hem, etc. Check the wearer's comfort and wrinkles, and provide assistance where it is not possible.</p> <p>⑪ Verbal confirmation and observation, confirming the person's intentions and future intentions to see if there is any place where the complexion or physical condition is not good.</p> | <p>Caregivers do what they can't do.</p> <p>⑫ After changing clothes, observe the condition and confirm that there is no problem in daily life. It is also necessary to tell them to wash the clothes they took off.</p> |
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