

Chapter 17: Personal Hygiene

Assisting the Client to Brush Teeth at the Bedside			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Collect the items listed in <i>Brushing the Client's Teeth</i> on page 301.			
5. Place paper towels on the overbed table (in facilities) or on a work area that the client can easily reach from the bedside. Arrange items on top of paper towels.			
6. Provide for privacy.			
7. Raise bed to a comfortable working height.			
Procedure	S	U	Comments
8. Lower the bed rail near you, if it is up.			
9. Position the client so that the client can brush with ease.			
10. Place a towel over the client's chest.			
11. Adjust the overbed table in front of the client so that it is in a position comfortable for the client.*			
12. Encourage independence by letting the client perform oral hygiene. This includes brushing teeth, rinsing the mouth, flossing, and using mouthwash or other solution. The client spits into the kidney basin or small bowl.			
13. Inspect the tongue and gums for signs of redness, sores, swelling, or loose teeth.			
14. Observe the client while she is brushing her teeth. If necessary, gently			

prompt or cue the client to brush all the teeth (see Chapter 38) and to spit whenever necessary.			
15. Remove the towel when the client is done.			
16. Adjust the overbed table next to the bed.*			
Post-Procedure	S	U	Comments
17. Follow steps 24 through 31 in the procedure <i>Brushing the Client's Teeth</i> on p. 302.			
Report and Record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			