

Chapter 18: Grooming and Dressing

Shampooing a Client's Hair in Bed			
		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. Practise proper hand hygiene.			
4. Collect the following supplies:			
<input type="checkbox"/> Two bath towels			
<input type="checkbox"/> Face towel or washcloth			
<input type="checkbox"/> Shampoo			
<input type="checkbox"/> Hair conditioner (if requested by client)			
<input type="checkbox"/> Bath Thermometer			
<input type="checkbox"/> Pitcher or nozzle (if needed)			
<input type="checkbox"/> Shampoo tray (if needed)			
<input type="checkbox"/> Basin or pail (if needed)			
<input type="checkbox"/> Waterproof pad (if needed)			
<input type="checkbox"/> Gloves (if needed)			
<input type="checkbox"/> Comb and brush			
<input type="checkbox"/> Hair Dryer			
5. Arrange the items close at hand.			
6. Provide for privacy. Practise proper hand hygiene.			
Procedure	S	U	Comments
7. Position the client as close to the edge of the bed as possible for the method you will use. Place the waterproof pad and shampoo tray under the head and shoulders, if needed.			
8. Place a bath towel over the shoulders or over the pillow.			

9. Brush or comb hair to remove snarls and tangles.			
10. Raise the bed rail if used.			
11. Obtain water. Water temperature should be about 40.5°C (105°F). Test temperature using a bath thermometer, according to your employer's policy. Allow the client to test the water temperature with the hand.			
12. Lower the bed rail if used.			
13. Put on gloves if needed.			
14. Ask the client to hold a dampened face towel or washcloth over the eyes, making sure that it does not cover the nose or mouth.			
15. Use the pitcher or nozzle to wet the hair.			
16. Use a small amount of shampoo.			
17. Work up a lather with both hands. Start at the hairline. Work toward the back of the head. If the client is leaning forward, start at the back of the head and work toward the hairline.			
18. Massage the scalp with your fingertip pads.			
19. Rinse the hair.			
20. Repeat steps 15 through 18.			
21. Rinse the hair completely.			
22. Apply conditioner following the directions on the container.			
23. Squeeze water from the client's hair.			
24. Cover the hair with a bath towel.			
25. Dry the client's face with the towel.			
26. Help the client raise the head, if appropriate.			
27. Rub the hair and scalp with the towel. Use the second towel if the first becomes wet.			
28. Comb or brush hair to remove snarls and tangles.			
29. Dry and style the hair as quickly as possible.			

30. Remove gloves if used. Practise proper hand hygiene.			
Post-Procedure	S	U	Comments
31. Provide for safety and comfort.			
32. Place the call bell within reach.*			
33. Follow the care plan for bed rail use.*			
34. Remove privacy measures.			
35. Clean and return equipment to its proper place.			
36. Discard disposable items.			
37. Follow employer policy for handling dirty linen.			
38. Practise proper hand hygiene.			
Report and Record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			