

Chapter 18: Grooming and Dressing

Changing an Incontinence Brief			
		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 following supplies:			
<input type="checkbox"/> Wash basin <input type="checkbox"/> Soap or peri-wash, as per agency policy <input type="checkbox"/> Spray peri-wash or lotion (for softening dried feces from the skin) <input type="checkbox"/> Toilet paper <input type="checkbox"/> Bedpan or garbage bag <input type="checkbox"/> Washcloths, peri-cloths, or disposable wipes for perineal care, as per agency policy <input type="checkbox"/> Clean incontinence pad <input type="checkbox"/> Paper towels <input type="checkbox"/> Gloves			
5. Place paper towels on the overbed table (in facilities) or on a work area within easy reach. Arrange items on top of paper towels.			
6. Close doors and windows.			
7. Provide for privacy. Practise proper hand hygiene.			
8. Raise the bed to a comfortable working height.			
Procedure	S	U	
9. Lower the bed rail near you if it is up. Remove the call bell.*			
10. Cover the client with the top sheet.			
11. Lower the head of the bed until flat.* Ensure the client has at least one pillow if			

the client can tolerate this position.			
12. Raise the bed rail near you if bed rails are used. Fill the wash basin two thirds with water, and test the water using a bathwater thermometer (see FIGURE 17.9) to ensure that the water is a safe and comfortable temperature.			
13. Place the basin on the overbed table or work area. If your agency does not use basins, you must obtain enough washcloths to provide perineal care to the client (see Chapter 30). Using the correct type of cloth that is permitted at your agency, you should have at least (a) one cloth that has been soaked, wrung out, and presoaped with soap or peri-wash; (b) one wet cloth to be used to rinse the perineal area after it has been thoroughly washed; and (c) one dry towel for drying the client's skin thoroughly.			
14. Lower the bed rail if it is up.			
15. a. Ensure that all the clothing is out of the way. Undo the tapes on either side of the brief.			
b. Put on gloves.			
16. Turn the client onto the side facing away from you.			
17. Place the bedpan or garbage bag on the client's bed next to you.			
18. Gently remove the soiled brief from the front of the client, through the client's legs and then away from the back. If heavily soiled, begin to wipe the feces with toilet paper in long strokes away from the client's urethra.			
19. Discard the soiled toilet paper into the bedpan or the garbage bag.			
20. Roll up the soiled disposable brief and discard it into the bedpan or the garbage bag.			
21. Do not place soiled briefs or linens on the floor or on the client's overbed table.			
22. Wash front genital area first by wiping			

<p>in long strokes away from the urethra. Then wipe around the client's rectal area (see the procedures <i>Giving Perineal Care to a Client with Female Genitalia</i> on page 329, and <i>Giving Perineal Care to a Client with Male Genitalia</i> on page 333). Discard disposable wipe (if used) into plastic bag or bedpan. Place soiled cloths into wash basin.</p>			
<p>23. Observe the client's skin for areas of redness or irritation.</p>			
<p>24. Wipe the entire area using the soaped cloths until all visible incontinence is removed.</p>			
<p>25. Rinse the entire area using the wet, unsoaped cloths to remove soap residue from the skin.</p>			
<p>26. Dry area thoroughly with the dry towel.</p>			
<p>27. Remove gloves.</p>			
<p>28. Position the clean, fully-opened incontinence brief so that the lining of the brief is next to the client's skin. Make sure the tape tabs are at the back of the client. Note that the side of the brief is fan-folded on the side next to the client, with the adhesive strips at the top tucked under the brief to prevent scratching the client (FIGURE 18.18, A). The brief will fit the groin better if it has been folded in half lengthwise. The client is ready to be rolled onto the brief for proper fitting.</p>			
<p>29. Roll the client onto the back. Bring the front of the brief through the client's legs (FIGURE 18.18, B).</p>			
<p>30. Smooth the brief across the abdomen and fit a side of the brief around each of the legs. Fasten the bottom adhesive tabs on either side to the front of the brief (FIGURE 18.18, C).</p>			
<p>31. Gently pull the brief upward so the brief fits well in the groin and crotch area. Readjust the fastening tapes as needed to</p>			

ensure a proper fit.			
32. Tidy the bed linens.			
Post-Procedure	S	U	Comments
33. Provide for safety and comfort.			
34. Return the bed to its lowest position. Attach the call bell. Follow the care plan for bed rail use.*			
35. Empty and clean the wash basin. Return it and other supplies to their proper places.			
36. Wipe off the overbed table or work area with paper towels. Discard the paper towels.			
37. Remove privacy measures.			
38. Follow employer policy for handling dirty linen.			
39. Perform 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>			