

A.M. CARE (MORNING CARE)

PURPOSE:

1. To refresh the resident.
2. To provide cleanliness, comfort, and neatness.
3. To prepare the resident for breakfast.
4. To provide for resident's needs.
5. To promote psychosocial well-being.

EQUIPMENT:

1. Wash basin(s) with warm water and soap.
2. Towel and washcloth.
3. Briefs/Incontinence products if necessary
4. Bedpan, if necessary, and toilet tissue.
5. Toothpaste and toothbrush.
6. Emesis basin.
7. Glass of water.

(See specific procedures for care of denture, hair, nails, as necessary)

*See resident's care Kardex/care plan for resident's preference for time the resident prefers to awaken/bathe.

PROCEDURE:

1. Quietly awaken the resident.
2. Adjust window covering and draw privacy curtain.
3. Apply gloves, apply appropriate PPE.
4. Offer bedpan and toilet paper or take the resident to the bathroom. Assist with perineal care as needed. Inspect resident's skin. Apply moisture barrier if resident incontinent.
5. Assisted with application of incontinence products as needed.
6. Remove gloves/wash hands.
7. Wash resident's face and hands and dry well.
8. Assist resident with dressing as needed with clothing the resident prefers to wear/chooses.
9. Allow resident to brush teeth, assist or brush teeth or dentures for resident if he/she is not able. Provide mouth care using oral hygiene swab if unable to brush or edentulous.
10. Assist resident with putting in dentures, hearing aides and putting on glasses as needed (as stated in plan of care).
11. Assist resident to transfer to bedside chair, wheelchair or other seating per plan of care as applicable.
12. Straighten and/or change all bed linen, blankets and spread as needed.
13. Put call light within easy reach.
14. Leave bedside area clean and resident comfortable.
15. Report any skin issues including bruises, skin breakdown as well as unusual or abnormal conditions and symptoms to the nurse.