

SHAMPOO (RESIDENT IN BED)

PURPOSE:

1. To clean the hair and scalp.
2. To promote psychosocial well-being.
3. To apply medicated shampoo.

EQUIPMENT:

1. Basin.
2. Towel.
3. Plastic protector.
4. Shampoo.
5. Pitcher.

PROCEDURE:

1. Explain procedure to resident.
2. Shampoos are usually given with the scheduled shower or tub bath. This procedure is to be used for bed rest residents.
3. Remove pillows, position resident so that his/her head will be slightly over the side of the bed closest to you unless this position is contraindicated.
4. Place the plastic protector under the resident's head and shoulders; place the towel over the plastic protector.
5. Cover resident well to keep warm during procedure.
6. Fill pitcher with warm water (not to exceed 105 degrees F.).
7. Wet resident's hair and apply shampoo. Lather and massage gently with the fingertips, not fingernails
8. Support resident's head well while shampooing.
9. Place basin under head. Rinse well by pouring warm water over head until all traces of shampoo are gone.
10. Wrap towel around head and dry hair well.
11. Comb and brush hair; use hair dryer if available. Hold hair dryer at least 12 inches from the resident's head to avoid burns.
12. Position resident comfortably with call light within reach.

ADDITIONAL INFORMATION (TUB AND SHOWER):

EQUIPMENT:

1. A pitcher of warm water 110 degrees
2. Clean wash cloth
3. 2 towels

PROCEDURE:

TUB:

1. Tilt resident's head back and carefully pour pitchers of warm water (110 degrees) over hair from front to back being careful to cup hand around ears to prevent water from

entering ear canals. Put washcloth over eyes to prevent water from entering the eyes. Resident may assist as able.

2. When thoroughly wet, apply shampoo and with fingertips (not nails) massage from hair line to nape of neck.
3. Rinse as in #1.
4. Shampoo as in #2, if necessary.
5. Rinse as in #1 being sure to thoroughly remove all traces of soap, if necessary.
6. When all traces of soap is removed, use washcloth from eyes to wipe any soap from hairline.
7. Wrap towel around head and towel blot hair.
8. Remove towel and assist resident out of tub to chair.
9. Wrap a dry towel around head until resident is dry and dressed.
10. Dry hair with dryer and set/style or comb.
11. Before taking resident out into hallway, put sweater on or wrap a blanket around their shoulders if hallway is chilly.
12. Document procedure and report any unusual scalp condition to nurse.

SHOWER:

1. Tilt resident's head back and place washcloth over eyes (resident may assist as able).
2. Using hand held shower and cupping hands around resident's ears, wet hair from front to nape of neck.
3. Follow steps 2-12 as above,