

**CARE OF THE ADULT PATIENT REQUIRING ASSISTANCE WITH ADL's
(Activities of Daily Living)**

OBJECTIVES:

1. To maintain adequate nutrition and hydration
2. To maintain cleanliness and comfort.
3. To prevent skin breakdown.
4. Promote optimal level of participation in care by patient and family.

PROCESS STANDARDS:

1. The patient will be bathed as needed for proper hygiene, and linens changed at least every other day and/or as needed.
2. Oral hygiene will be performed daily and as needed.
3. Hair will be brushed/combed and shampooed as needed.
4. Skin will be kept as clean and dry as possible.
5. Men will be shaved as needed, or beards trimmed and cleaned, if applicable.
6. Call light and necessary personal care items will be kept within reach at all times as appropriate for that patient.
7. Prescribed diet will be provided and the patient encouraged to eat and drink.
8. Participation in care will be encouraged dependent upon the patient's and family's ability, including identifying methods to promote maximum involvement by the patient.
9. Additionally, if the patient is immobilized, please refer to the Standard 7: Care of the Immobilized Patient.

OUTCOME STANDARDS:

1. The patient will have adequate nutrition and fluid intake.
2. The patient will be clean.
3. Skin integrity will be maintained at an optimal level.
4. Men will be clean shaven or if bearded, the beard will be trimmed and free of debris.
5. The patient and family will demonstrate participation in activities.
6. The patient will experience no injuries or injuries will be minimized through early interventions and appropriate safety interventions.
7. No new complications related to hygiene will have occurred.

Standard 9

Revised: 2003, 2006

Reviewed: 1991, 1994, 1997, 2000, 2009

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HAVE I DOCUMENTED:

- * AM care
 - Bath
 - Hair care
 - Oral care
- * Skin condition
 - Color
 - Turgor
 - Breakdown (if present)
- * Activity
 - Positioning
 - Range of motion
 - Level of participation in self care
- * Safety factors
 - Falls Precautions
- * Diet tolerance
- * Patient Education
 - Activity
 - Safety precautions
 - Diet

At The Time of Discharge:

- * Skin condition
- * Overall appearance
- * Nutritional status
- * Patient/family has understanding of home and follow-up care

Reference:

1. Doenges, M., Moorhouse, M.F. and Muir, A. Nurses Pocket Guide: Diagnosis, Prioritized Interventions, and Rationales. (2008). *Impaired Physical Mobility.* Philadelphia: F.A. Davis.
2. Doenges, M., Moorhouse, M.F. and Muir, A. Nurses Pocket Guide: Diagnosis, Prioritized Interventions, and Rationales. (2008). *Risk for Impaired Skin Integrity.* Philadelphia: F.A. Davis.
3. Patient Care Support Standard 7: Care of the Immobilized Patient:
http://www.sh.lsuhsu.edu/policies/policy_manuals_via_ms_word/Nursing/Std_of_Care/Standard%207.pdf.