

# HAIR CARE

## Key Terms

Sphygmomanometer	Tachycardia	Tachypnea

## HAIR CARE

### INTRODUCTION:

The appearance of one's hair and the skin reflects the general health of a person. The cleanliness and grooming of hair is frequently related to one's sense of well-being. For a woman, hair is her crowning glory. Neat hair is a factor in making a good impression on another person. Cleanliness of hair is essential for good hygiene. An unclean scalp containing dirt, dandruff, excessive sebum and sweat will allow the growth of micro-organisms and parasites on the scalp.

### HAIR WASH/SHAMPOOING HAIR IN BED

### DEFINITION:

Cleaning of hair with shampoo or soap to remove dirt, oil and odour on scalp and hair, for a helpless patient in bed.

### INDICATIONS:

- Poor co-ordination
- Unconsciousness
- Limited mobility seriously ill

### PURPOSE :

- To keep hair and scalp clean and healthy
- To promote sense of comfort and self-esteem
- To promote growth of hair.
- To prevent loss of hair.
- To prevent itching and infection.
- To prevent accumulation of dirt, dandruff and oil.
- To prevent tangles.
- To stimulate circulation.
- To provide a sense of sense of well being.

### EQUIPMENTS REQUIRED :

- Big buckets – three- one for hot water, one for cold water, one to receive dirty water.

- Plastic mug
- Stainless steel basin – to mix water
- Bath thermometer
- A plastic tray containing:
  - Mackintosh
  - Two bath towels
  - Trough
  - Eye pad
  - Shampoo packet
  - Small bowl
  - Apron
  - Comb
  - Brush
- Kidney tray and paper bag
- Small face towel

### PROCEDURE

S.NO	NURSING ACTION	RATINALE
1.	Assess patient's condition	To avoid risk of injury
2.	Obtain physician's order	
3.	Explain procedure	To gain co-operation.
4.	Screen the patient.	For privacy.
5.	Collect and arrange articles on right side of bed in order of use.	For convenience of work.
6.	Wash hands and put on apron.	To prevent transmission of micro-organisms.
7.	Place mackintosh under head, neck and shoulders.	To protect bed.

8.	Spine position with head and shoulders at edge of bed.	For convenience of work.
9.	Place trough under head and wash-basin at end of trough.	To protect bed and to collect the draining water.
10.	Place rolled towel under neck and bath towel across shoulders	To support neck and to prevent spilling of water
11.	Brush and comb hair	To remove tangles
12.	Protect eyes, slowly pour water over hair.	To wet hair.
13.	Apply shampoo	To reduce surface tension and remove dirt.
14.	Work up lather with both hands (from forehead towards neck and then sides)	To spread shampoo.
15.	Massage scalp with fingertips.	To improve circulation.
16.	Rinse hair	To remove soap.
17.	Wrap hair in bath towel	To absorb moisture
18.	Dry face, neck, and shoulders	For comfort
19.	Position patient	For comfort
20.	Clean and replace articles	For reuse
21.	Wash hands	To prevent transmission of microorganisms
22.	Inspect hair and record procedure	For documentation.

### PEDICULOSIS TREATMENT

Pediculosis treatment is the treatment is the treatment of pediculosiscapitis (head lice)

#### PURPOSE :

- To destroy pediculi and nits
- To prevent its transmission to others

### EFFECTS OF PEDICULOSIS:

- Discomfort , nervousness , restlessness
- Itching- scratching – infection- abscess
- Anemia, lymphnode enlargement
- Spreads typhus fever, relapsing fever, and trench fever
- Spread on linen, blanket, bedding, towels, combs, brushes, and other articles quickly

### ARTICLES :

- A bath towel
- Big triangular bandage /towel
- Wash cloth
- Apron
- Face mask
- Cotton balls
- Gauze pieces
- Spatula
- Bowl
- Antilice shampoo (mediker)/DDT powder (5-10% one teaspoon full)
- Bucket/basin with disinfectant
- K-basin with disinfectant
- Coarse-toothed and fine-toothed comb
- Safety pins
- Paper bags
- Mirror

### PROCEDURE

S.NO	NURSING ACTION	RATINALE
1.	Assess patient's condition	To determine existing risks
2.	Obtain physician's order	To avoid risk of injury

3.	Explain procedure	To gain co-operation.
	Assemble equipment on right side of the bed in order of use	For convenience of work
4.	Screen the patient.	For privacy.
5.	Position the patient (sitting/lying)	For comfort.
6.	Wear apron	To protect self.
7.	Spread bath towel over patient's shoulders and fix it with safety pin	To protect the patient.
8.	Comb hair with coarse toothed comb.	To remove tangles.
9.	Instruct the patient to close eyes and cover eyes with a damp wash cloth.	To avoid eye irritation.
10.	Pour DDT /anti-lice shampoo in a bowl	To avoid wastage
11.	Divide hair into small sections	For thorough application.
12.	Apply DDT/anti –lice shampoo to the scalp and hair using a spatula and rub gently (forehead towards neck and then sides).	To destroy pediculi and nits
13.	Spread triangular bandages/towel under head with its apex facing head end of the head	Avoid transmission of pediculi
14.	Cover the entire hair and fix the bandage/towel with safety pin and remove it after 3 hours	To avoid transmission pediculi
15.	After 3 hours, cover patient's eyes	To protect eyes
16.	Comb hair with a fine comb in small sections	To remove all dead pediculi and nits.
17.	Clean comb after each stroke with cotton	To clean the comb from tangles, nits and

	balls	lice.
18.	Discard used cotton balls into the paper bag	To prevent spread of pediculi and nits
19.	Clean and disinfect comb after use	To prevent spread of pediculi and nits
20.	Put the towel and apron into the bucket/basin with disinfectant	To prevent spread of pediculi and nits.
21.	Wash hands thoroughly	To prevent spread of pediculi and nits.
22.	Remake the bed with clean linen	For cleanliness of environment
23.	Position the patient	For comfort
24.	Clean and replace the articles	For reuse
25.	Record the procedure	For documentation

### DOCUMENTATION :

- Document the procedure
- Document the any abnormalities found during the procedure.
- Document the patient conditon after the hair care procedure.
- Document any injury, or rashes present in the scalp during hair care procedure
- Inform any unusual occurance to nurse in charge.

### PATIENT FAMILY EDUCATION:



Educate the patient and family regarding,

- the significance of hair care /shampooing the haair
- the porper personal hygiene including (haicare, eye,ear,nose care, mouth care etc).
- the common hair and scalp problems {(pediculosis capitis(head lice), pediculosis corporis(body lice), pediculosis pubis(crab hair), hair loss(alopecia)}

- the hair care practices that damage the hair





