



Module 1 Study Notes

- **Partial Bath**
 - A bath given on days when a complete bath or shower is not done; includes washing the face, hands, underarms, and perineum.
- **Axillae**
 - Underarms.
- **Perineum**
 - The genital and anal area.
- **Additive**
 - A substance added to another substance, changing its effect.
- **Groin**
 - The area from the pubis (area around the penis and scrotum) to the upper thighs.
- **Shower Chair**
 - A sturdy, water- and slip-resistant chair designed to be placed in a bathtub or shower.

LNAs should remember the following guidelines for bathing:

- Wash from clean to dirty
- Gather supplies beforehand so that a resident is not left alone while bathing.
- Make sure water temperature is safe and comfortable. Have resident test water temperature.
- Never leave a resident alone and keep things within easy reach
- Test water temperature. It should not be over **105°F**.

Golden Rules of Peri Care:

- Always wash from front to back using a new clean cloth surface each time
- Always retract foreskin in uncircumcised residents, and use a new clean cloth surface for each cleaning stroke



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Guidelines for Mouthcare:

- Resident must be sitting up to prevent aspiration.
- Offer resident a glass of water to rinse the mouth.
- Place the emesis basin under the resident's chin, with the inward curve under the chin.

Guidelines for Dentures:

- Wash only in warm water, hot water can warp dentures
- Place a towel in the sink to prevent shattering
- Use ONLY denture paste when cleaning dentures
- Make sure to keep track of which set of dentures you are cleaning