**NURSE DELEGATION:**

**INSTRUCTIONS FOR GENERAL NURSING TASK**

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all resident. The CAREGIVER to whom the task is delegated must demonstrate the ability to perform the task as instructed by the Nurse. By signing this delegation form, the CAREGIVER being delegated agrees to perform the task as taught. The Nurse will review the CAREGIVER performance annually or as needed to assure continued competency in performance of the task.

**General task: PERINEAL CARE FEMALE & MALE**

**Supplies Needed**

* Bath towel and at least 4 washcloths
* Soap
* Disposable wipes
* Waterproof Pad
* Resident’s Clothing
* Disposable non-sterile gloves and laundry bag or plastic linen bag
* Hand-washing solution

**Procedures/Steps to follow to perform the task**

1. Identify the correct Resident
2. Explain the procedures to the Resident
3. Put on gloves
4. Assemble the equipment above
5. Cover the resident with towels then move the bedding to the bottom of the bed to provide privacy
6. If able raise the bed to good working position/good body alignment
7. West washcloth with hot water, then place on tale close to resident
8. Place waterproof pad under his/her buttocks. Protect the person and dry linen from the wet or soiled linen
9. Help resident to Flex their knees and spread their legs
10. Wet washcloth and squeeze out excess water. Fold over hand into a mitt. Apply soap to mitt

**FEMALE:**

1. Separate the labia. Clean downward from to back with one stroke with one of the washcloths.
2. Repeat step 10 & 11 with remaining cloths as needed to clean the entire perineum area.
3. Pat the area dry with the towel (Dry front to back)

**MALE**

1. Follow steps 1 through 10
2. Retract the foreskin if the Resident is not circumcised
3. Grasp the penis
4. Clean tip. Use a circular motion. Start at the meatus of the urethra, and work outward. Using a clean part of the washcloth each time and repeat as needed to clean thoroughly.
5. Return foreskin to its natural position
6. Clean the shaft of the penis. Use firm downward strokes. Rinse area.
7. Clean the scrotum. Rinse well. Observe for redness and irritation of the skin folds.

**BOTH FEMALE AND MALE**

1. Assist resident to roll over to their side
2. Apply soap to additional washcloths
3. Clean the Rectal area. Clean from the vagina to the anus with one stroke. Repeat this step until area is clean. CAUTION: Use a clean area or clean washcloth with each strok as necessary to clean the rectal area.
4. Also note: May apply KY jelly to warm wet washcloth to remove “tar-like” stollf rom skin to prevent abrasion and/or skin breakdown
5. Pat the area dry with towel. Dry from front to back
6. Remove any wet or soiled incontinence products and remove water pad
7. Remove and discard the gloves. Wash hands thoroughly
8. Put on clean gloves
9. Provide clean and dry linens and incontinence products as needed

**Outcomes**

Personal perineum care will be maintained

Resident’s dignity will be protected during procedure

Resident will maintain good skin health

Resident will have a sense of well being

**Potential Risks/Side effects and appropriate actions to deal with them (include what to observe for and report, what to do, and whom to contact)**

* Check for any signs of skin breakdown during perineum care. If any rash, redness, or breakdown is noted, document in progress notes and notify nurse.
* Use extreme caution in the bathroom to avoid falls. This is a high-risk area, especially with wet floors.
* Use STRICT standard precautions using personal protective equipment (PPE); gloves, hand washing, masks if indicated……etc.