



## BASIC CARE NEEDS FOR CONSUMERS ON THE INPATIENT UNIT PROTOCOL

### GUIDING PRINCIPLE

We are committed to a culture of recovery throughout our systems of care, in our interactions with one another, and with those persons and families who trust us with their care.

### OVERVIEW

The Department of Mental Health and Substance Abuse (DMHSA) shall meet the basic care needs of the consumers, which includes providing adequate bathing, grooming, and cleaning according to the consumer's individual needs.

### STANDARDS OF CARE

- Staff shall teach and reinforce health habits related to personal grooming and hygiene, including oral care to enhance the consumer's self-reliance and esteem.
- All consumers admitted to the Inpatient Units shall be supported and educated in activities of daily living (ADLs) focusing on personal hygiene and grooming.
- Consumers are responsible for bringing their own grooming and personal hygiene articles (except towels and linens).
  - Articles for grooming (i.e., hair brushes, razors, etc.) and personal hygiene shall be inspected by staff prior to being brought on the unit.
- Staff shall encourage the consumer to attend any personal grooming groups that are available.

### PROTOCOL

- All consumers shall be encouraged and assisted in grooming daily or more often, as needed.
  - Consumers shall shower and shampoo, shave (if necessary), comb hair (if necessary), and change clothing at least once daily.
  - Showers and other grooming tasks may be supervised and staff may provide assistance, as needed.
  - Consumers who are incontinent shall be assisted with cleaning or bathing after the episode in a manner that respects privacy.
  - Oral care (i.e., brushing teeth) shall be completed at least once daily or more often as needed.
- All grooming articles shall be kept at the nurse's station.

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## Hair and Nail Care:

- Staff may not cut consumer's hair except in an emergency situation.
  - Should an emergency situation occur, staff shall attempt to obtain the consumer's written consent.
- Nail care shall be encouraged and staff shall provide supervision and assistance as needed.

## Clothing:

- The consumer is responsible for bringing his/her own supply of clothing articles.
- Staff shall ensure the consumer's clothing is appropriate.

## Living Quarters:

- Consumers shall be encouraged to take responsibility for maintaining his/her own living space.
- Consumers shall be encouraged to contribute to housekeeping activities, as appropriate.

## Laundry:

- The consumer shall be supervised and assisted, as needed with personal laundry.
  - The consumer shall do their personal laundry when needed.
- The Department contracts towel and linen laundry service to an external agency.
- A supply of linens must be available to change linens at least once a week or sooner if they become soiled/dirty.

## Documentation:

- Each shift, staff shall document the personal hygiene requirements that the consumer completes on the Inpatient Unit Flow Sheet.

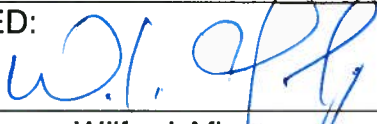
## **FORMS**

- Inpatient Unit Flow Sheet

## **REFERENCES**

- TJC CTS.04.13.1; TJC PC.02.03.03

APPROVED:



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