**Suggested Answers to Discussion Topics, Chapter 23, Grooming**

| Suggested Answers for Topics for Discussion | Learning Objective(s) |
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| 1a. Students’ responses should include the following:   * The culture of her family and friends as well as the greater cultural practices of society will influence her grooming practices. * The culture of her family of origin would have an impact. * The culture of the fashion world in which she worked would certainly play an influential role. * Her religion may influence her grooming practices. * Her feelings about her sexuality and her relationship with her husband. * Her need for self-esteem and belonging through continued social connections with family, friends, and former colleagues may influence her current grooming practices. * Her disability may influence how she feels about herself, and her grooming practices may relate to her self-image. * The resident’s diabetes requires a podiatrist’s attention for nail care on her feet.   1b. Students’ responses should include the following:   * Encourage her to choose the clothing she wishes to wear after showering to allow her to express her individuality. * Care for her hands and fingernails. * Offer to polish her fingernails in a preferred color. * Apply a moisturizer preferred by Mary. * Using her selected hair products, wash, dry, comb, and style her hair as she requests. * Shave her armpits and legs if she requests you to. * Assist her to apply makeup as she requests to help her feel attractive. * Allow her to assess her appearance by offering her a mirror. * Apply cologne or other scent if requested to.   1c. Students’ responses should include the following:   * The feet should first be bathed, rinsed, and dried thoroughly. * Most facilities may not allow nursing assistants to trim the toenails. * Observe the person’s feet for small blisters, cracks in the skin, peeling of the skin between the toes or on the soles of the feet, ingrown toenails, and other problems. * Apply foot powder or lotion. * Report   + Nail beds that are either very pale or blue, or bruised   + Nails that are unusually yellow or white   + Nails that are unusually thick   + Nails that are broken or have been cut too short   + Nails that are ingrown   + Cuticles that are torn, red, or swollen   + Any unusual rashes or odors * Encourage appropriate footwear. | 1, 2, 4, 5, 6, 7, 9, 10 |
| 2a. Students’ responses should include the following:   * A shampoo trough could be used in the bed. * A dry shampoo or no-rinse shampoo product could be used.   2b. Students’ responses should include the following:   * Observe for flaking and complaints of itching, which could be dandruff or tinea capitis. * Dandruff needs to be controlled by daily brushing and use of a medicated shampoo. * Tinea capitis will require a special medicated shampoo and possibly a topical medication. * Observe for thick, yellow, crusty patches or scaling, which could be seborrheic dermatitis. * Seborrheic dermatitis is treated by daily shampoos with a medicated shampoo until scaling is cleared. * Alopecia or hair loss that is occurring in patches. * Hair loss not attributed to heredity could be treated by reducing stress and improving nutrition. Stopping medication or radiation treatments usually results in the hair growing back. * Observe for lice or nits. Lice or nits are treated with medicated creams and shampoos. * To prevent the reinfection of a person with lice, clothing and bed linens must be washed in very hot water. * Observe for sores or open areas of the scalp. * Observe the back of the head and ears for signs of pressure sore development. | 6, 7 |