# Answers to Questions in the Workbook, Chapter 22, Cleanliness and Hygiene

**Activity A SHORT ANSWER**

Two ways to promote physical health:

1. Caring for the skin and mouth helps prevent conditions such as rashes, dry skin, and cracked lips that interrupt the body’s first line of defense by creating a portal of entry for microbes.

2. It also helps to reduce the number of microbes on the skin and in the mouth.

Two ways to promote emotional health:

1. Caring for the skin and mouth helps the person feel relaxed and well cared for.

2. It also helps the person to meet their need for self-esteem by preventing breath and body odors and making the person feel attractive to others.

# Activity B IDENTIFY THE STATEMENTS

## 1. M

2. E

3. A

4. EM

5. E

6. EM

7. E

8. M

# Activity C SHORT ANSWER

a. Mr. Ludwig will need PRN care because he will tend to breathe through his mouth and he cannot take food or liquids orally, situations that will put him at risk for a dry mouth. PRN care for Mr. Ludwig would involve providing mouth care frequently.

b. Mrs. O’Brien will need PRN care because she has no control of her bowel and bladder. Because feces or urine left on the skin can lead to skin breakdown and odor, PRN care for Mrs. O’Brien will involve providing perineal care every time she wets or soils herself, and changing her clothing and linens when they are wet or soiled.

c. Mr. Rosenthal’s fever is causing him to sweat a great deal. PRN care for Mr. Johnson will involve partial sponge baths, fresh linens, and a change of clothes frequently throughout the day to keep him comfortable and to keep his skin dry.

# Activity D MULTIPLE CHOICE

1. d. To help the person feel appreciated and respected

2. b. Adopt a calm, efficient attitude, speak to him softly using terms other than bath, and seek extra help from a coworker if necessary

# Activity E MULTIPLE CHOICE

1. c. Brushing the teeth with a soft toothbrush and toothpaste

2. b. Rinse her mouth with water or mouthwash and use a soft toothbrush or a sponge-tipped swab to clean her gums, tongue, and the insides of the cheeks.

3. b. In the palm of your hand

**Activity F TRUE OR FALSE**

1. T

2. T

3. F. When brushing a person’s teeth, the toothbrush is positioned at a 45-degree angle to the gums, and moved gently in a circular motion.

4. T

**Activity G SHORT ANSWER**

Because Mr. Brentwood is in a coma, it is important to turn him onto his side with his head tilted forward when assisting him with oral care so that fluids run out of his mouth, not back toward his throat. This helps to prevent aspiration of fluids into the lungs. A padded tongue blade should be placed between the upper and lower back teeth to keep Mr. Brentwood’s mouth open during oral care because an unconscious person may bite down involuntarily.

**Activity H REARRANGE IN THE RIGHT ORDER**

b

e

a

g

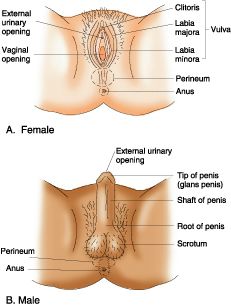
d

c

f

h

**Activity I LABEL THE FIGURES**



##### Activity J SHORT ANSWER

Many microbes live in our digestive tracts and are passed from the body in the feces. Therefore, there are always large numbers of microbes in and around the anus. The perineal area thus provides the perfect environment to support the growth of these microbes, because it is warm, dark, and moist. Because of its close proximity to the vulva (in women) and the penis (in men), these microbes can easily enter the vagina or urethra, causing infection. Therefore, inadequate hygiene in the perineal area puts the person at risk for infection. In addition, the perineum, vulva, and penis are delicate, with many folds of skin. Feces, urine, and other body fluids, such as menstrual blood, can become trapped in these folds, leading to skin irritation and odor if they are not properly removed. Proper hygiene can help prevent skin breakdown and odor.

# Activity K MULTIPLE CHOICE

1. b. Cleaning the perineum and anus, as well as the vulva (in females) and the penis (in males)

2. a. Irritants on the skin, such as feces, urine, and menstrual blood

3. c. The foreskin can create a band around the penis, causing pain and possible tissue damage

4. d. All of the above

# Activity L TRUE OR FALSE

1. F. When providing female perineal care, make sure to wipe from the vulva downward toward the anus.

2. F. Perineal care is the LAST part of a person’s bathing routine.

3. F. Circumcision is a procedure involving the removal of the foreskin, the fold of loose skin that covers the head of the penis.

# Activity M SHORT ANSWER

a. You have to provide perineal care for a member of another sex. Acting in a professional, competent manner and using a gentle touch will help to ease embarrassment on the part of the patient or resident. In addition, using a bath blanket to drape the patient or resident, being careful to expose only the perineal area, will help to protect the person’s modesty.

b. A male patient or resident becomes sexually aroused while you are providing perineal care. Acting in a professional, competent manner and using a gentle touch will help to ease embarrassment on the part of the patient or resident.

# Activity N CHOOSE THE RIGHT ANSWER

1.

a. X

b.

c. X

d. X

e. X

f. X

g. X

2.

a. X

b. X

c.

d. X

# Activity O MULTIPLE CHOICE

1. d. Tell the nurse and stop the use of the product until the source of the skin irritation has been determined

2. b. Whenever it becomes cool or soapy

3. a. 105°F

4. b. Over the person

5. d. All of the above

# Activity P TRUE OR FALSE

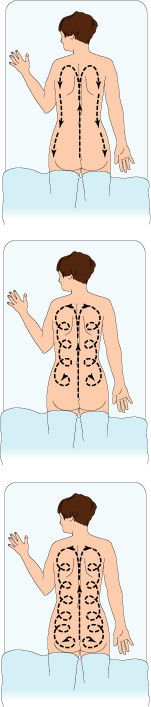
1. F. Touching and massaging of the skin helps to prevent skin breakdown.

2. F. It may be better for older people to use a no-rinse cleanser because it is LESS drying to the skin.

3. T

4. T

# Activity Q DRAW THE SEQUENCE



# Activity R MATCHING

1. d

2. c

3. b

4. f

5. a

6. e

**Activity S REARRANGE IN THE RIGHT ORDER**

c

d

b

g

a

e

f

# Activity T SHORT ANSWER

In order to achieve your goal of bathing Mrs. Shinoda, while still respecting her wishes to skip her bath today, you could just offer to help her “freshen up” instead. Instead of forcing her to take a full bath or shower, you could help her with a partial bath at the sink.

**Activity U JUMBLED WORDS**

1. Diaphoretic

2. Gingivitis

3. Halitosis

4. Edentulous

5. Foreskin

6. Deodorant