

Chapter 15

HAIR CARE

PROCEDURE FOR GIVING A SHAMPOO DURING TUB BATH/SHOWER BATH:

1. Gather necessary equipment.
2. Wash your hands.
3. Explain what you are going to do.
4. Provide privacy.
5. Adjust water temperature to 105° F.
6. Position client appropriately in tub or shower.
7. Ask client to hold folded washcloth over eyes.
8. Apply water to the hair until it is completely wet using nozzle or pitcher.
9. Apply a small amount of shampoo. Work up lather, massaging well with fingertips.
10. Rinse thoroughly, working from front to back.
11. Repeat washing and rinsing, if necessary.
12. Apply conditioner if desired. Rinse thoroughly.
13. Towel-dry the client's hair gently.
14. Encourage the client to comb his own hair to remove snarls and tangles, if able.
15. Apply rollers or set hair if this is to be done.
16. Dry hair with a hair dryer if desired.
17. If used, remove curlers when hair is dry. Comb or brush hair and arrange as client desires.
18. Make the client comfortable.
19. Remove, clean, and store equipment.
20. Wash your hands.
21. Record observations and report anything unusual to nurse/supervisor.