

## Chapter 15

### HAIR CARE

#### PROCEDURE FOR GIVING A BED SHAMPOO:

1. Gather necessary equipment.
2. Wash your hands.
3. Explain what you are going to do.
4. Provide privacy.
5. Raise adjustable bed to its highest horizontal position.
6. Place chair or footstool at the side of the bed near the client's head and cover with a small towel. Set basin or bucket on chair.
7. Move client to side of bed. Cover with bath blanket and fanfold top linens to foot of bed without exposing the client.
8. Remove pillow and replace with a thick towel.
9. Place one towel under client's head and one around shoulders.
10. Place shampoo trough or plastic under head to form a drain into the bucket.
11. Put a cotton ball in each ear of the client.
12. Apply water to hair until it is completely wet, using a pitcher.
13. Apply small amount of shampoo. Work up lather while massaging with fingertips.
14. Rinse thoroughly, working from front to back.
15. Repeat washing and rinsing, if necessary.
16. Apply conditioner if desired. Rinse thoroughly.
17. Squeeze excess water from hair, apply towel to hair.
18. Remove shampoo trough and place in bucket.
19. Remove cotton balls from client's ears. Use another towel to dry client's hair.
20. Encourage client to comb own hair to remove snarls and tangles if able.

21. Apply rollers or set hair if this is to be done.
22. Dry hair with a hair dryer if desired.
23. When hair is dry, remove curlers. Comb or brush hair and arrange as client desires.
24. Make the client comfortable.
25. Remove, clean, and store equipment.
26. Wash your hands.
27. Record observations and report anything unusual to nurse/supervisor.

### **Chapter Review**

1. What are the three purposes of hair care?
2. When should hair care be done?
3. What observations can you make when giving hair care?
4. What are some specific measures related to hair care?
5. How do you comb or brush hair according to proper procedure?
6. How do you give a shampoo during tub bath/shower bath according to proper procedure?
7. How do you give a bed shampoo according to proper procedure?