

PPRS Hair Care Training

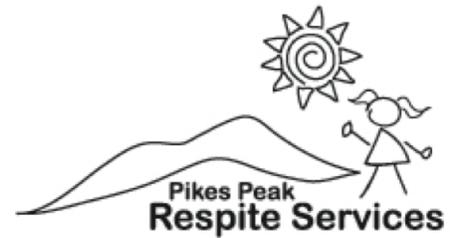
A Pikes Peak Respite Services (PPRS) personal care worker may assist and perform Hair Care which includes maintenance and appearance of hair after successfully completing the PPRS Hair Care Training. Hair Care consists of daily brushing and combing and scheduled shampooing, conditioning, and styling. At PPRS consult with Beverly Seemann and follow the service care binder information chart for clarification on who has the need to receive Hair Care.

Some people are independent and can shampoo their own hair while taking a shower or bath. Hair can be washed in the shower, in the bathtub and if needed in the bed. Those that are unable to get in the shower or bath can be given a shampoo using a special bed tray, water and regular shampoo or by using a dry shampoo that is made just for shampoos without water. Each hair care is provided, such as, is washed it needs to be documented on visit not forms for proof of care for the client.

Please label the supplies, including: comb, brush, shampoo, and conditioner, with his or her name and room number and store the supplies in the locked closet. It is never ok to use the same combs or brushes with others.

Materials needed:

1. Gloves

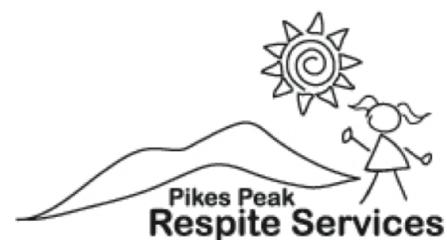


2. Shampoo & conditioner
3. Towel
4. Protective cover
5. Wash cloth to protect eyes
6. Shampoo pan
7. Water pitcher
8. Brush and comb
9. Blow dryer if needed

Hair Care—Combing &Brushing Procedure:

Those we serve should have their hair brushed or combed in the morning after an overnight stay at our facility. Combing the hair will help to remove knots in the hair, distributes scalp oils, removes dead skin cells, and stimulates circulation in the scalp. Combing hair allows for assessment of the scalp as well. Unpleasant odor, discomfort, and itching can result from the accumulation of oil on the hair and scalp and depending on how long the person will be in our care, determines if the hair needs to be washed that day. Combing promotes comfort and has a positive impact on well-being. Some will respond well to having their hair brushed while other’s with sensory issues will not like it at all.

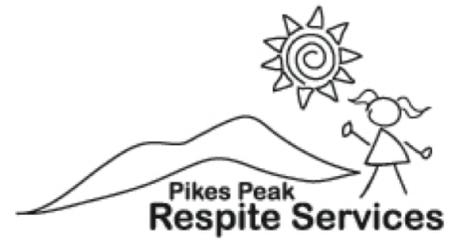
Steps for Combing or Brushing Hair:



1. Position the individual comfortably and assess the scalp for lesions, rashes, or infestations.
2. Gently comb or brush one section at a time. Comb from the scalp down the length of the hair. Do not pull it. Do not break it or cause any discomfort.
3. If the hair is tangled, comb the ends first and then work your way to the scalp.
4. Clean the brush or comb. Do NOT share combs or brushes with other clients (Burke, 2010).

Hair Care—Washing Hair in Bed Procedure:

1. Get all supplies at the bedside
2. Cover pillow with a towel or protective cover to keep it dry
3. Put a towel under the client's neck and arms after loosening the bed clothing
4. Put the bed shampoo pan under the client's head
5. Place a washcloth over the client's eyes as protection
6. Check the temperature of the water to make sure it is about 110 degrees
7. Pour a small amount of water on the hair using a water pitcher and keeping as much water as possible off the face
8. Put a small amount of shampoo on the head
9. Gently massage the hair and scalp with your fingertips. Do NOT use the fingernails. Fingernails can scratch the scalp.
10. Rinse the head using the water. Start at the top of the head and let the water work its way down to the bottom of the head.
11. Repeat the rinsing and shampooing if needed
12. Raise the individual to a sitting position
13. Dry the face.



14. Dry the head using a hair blower if you can
15. Change the gown or bed clothes if needed
16. Clean up the area and place the client in a comfortable position with the bed in the lowest position (Burke, 2010).

Areas of Concern

If you observe any of these things below during hair care, they must be reported to Beverly Seemann and documented on visits notes and reported to 719-659-6344

- 1) Sore, redness or bleeding
- 2) Flaking, dandruff or scalp dryness
- 3) Bugs or other bodies

Any questions?