



እስቶኪንግ ለማድረግ ያዘጋጁ

https://www.youtube.com/watch?v=7MxWFJl_vdA

ለ HCA ክህሎት መከራ ይህ እንክብካቤ በሚሰጥበት ወቅት ደንበኛው አልጋ ላይ ይተኛል።



ደንበኛ ለመራመድ መርዳት - ይህን ክህሎት በተሳካ ሁኔታ ለማሳየት የሚከተሉት ያስፈልጋሉ፡

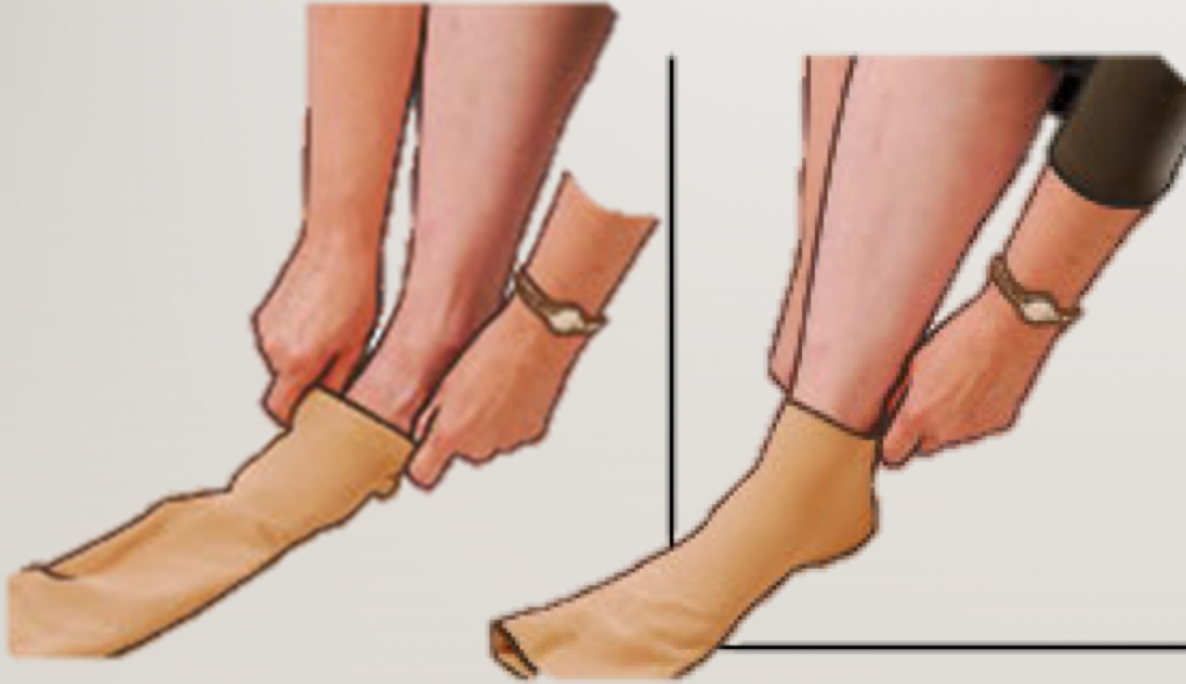
- የ S.W.I.P.E.S.(supplies, wash hangs, Identify yourself, privacy, scan the area) የግንኙነቶች / የደንበኞች መብቶች እና የተለመዱ የእንክብካቤ ልምዶች ይጠቀሙ
 - ተስማሚ መሳሪያዎችን ያስባስቡ (ለሙከራ ምንም አጋዥ መሳሪያ የለም)
 - እጅን መታጠብ
 - እራስዎን ይለዩ (Identify yourself)
 - ግላዊነትን ይስጡ (provide privacy)
 - ለታካሚው ሂደቱን ያብራሩ



ቢያንስ ተረከዝ ድረስ ከውስጥ ወደ ውጭ በማዞር
ካልሲውን ለማድረግ ያዘጋጁ



በእግር ጣቶች፣ በእግር እና
ተረከዝ ላይ ካልሲውን ያድርጉ



የደንበኛውን እግር በተፈጥሯዊ ማንቀሳቀስ፣ በአግባቡ የማይንቀሳቀሱትን መደገፍ እና የእጅ/ እግር እና መገጣጠሚያዎችን ከመጠን በላይ መጎተት እና ህይልን በማስወገድ





በእግር፣ ተረከዝ እና እግር ላይ የካልሲውን
አናት ይጎትቱ

ካሲው ለሰላሳ፣ ያለ ምንም ጠመዝማዛ
ወይም መጨማደድ፣ እና በደንበኛው ጣቶች
ላይ በጣም ጥብቅ አለመሆኑን ያረጋግጡ





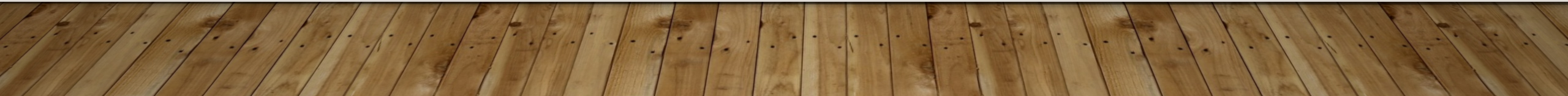
በካልሲው ዲዝይን መሰረት የእግር ጣት እና ተረከዝ በአግባቡ በማድረግ ካልሲ ማድረጉን ያጠናቅቁ



ካልሲው እስከ ጉልበት ሆኖ እና
ከመጨማሪያ ነፃ ሆኖ
ይተውት



እጅን ይታጠቡ



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