



የአፍ/አራል እንክብካቤ

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=RR-AGXSIEEA](https://www.youtube.com/watch?v=RR-AGXSIEEA)

ለ HCA ክህሎት ሙከራ ይህ እንክብካቤ በሚሰጥበት ወቅት
ደንበኛው ጠረጴዛ አጠገብ ይቀመጣል፡፡

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

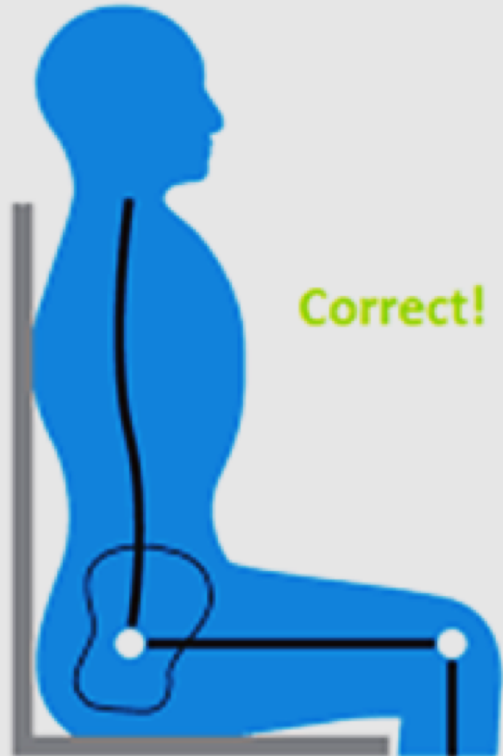
አቅርቦቶች

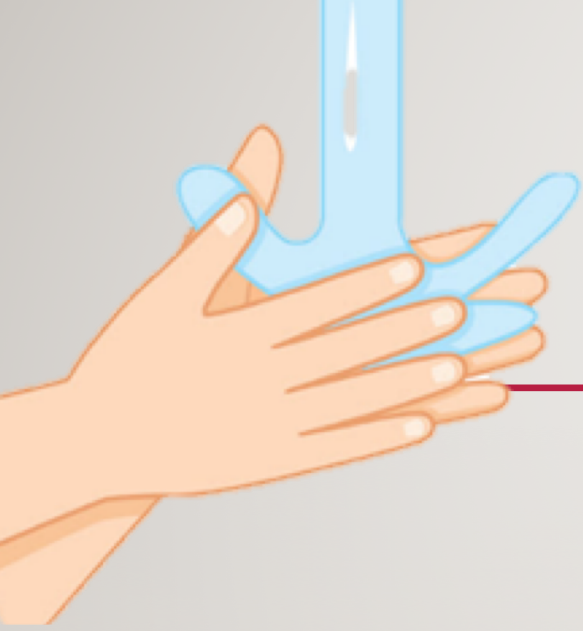


- ፎጣ
- የልብስ መከላከያ
- ጓንት
- የፕሮስ ብሩሽ
- የፕሮስ ብሩሽ
- የስፖንጅ ፕሮስ ማጠቢያ
- የፕሮስ ሳሙና
- ኩባያ ለውሃ
- የወረቀት ፎጣ



ደንበኛው ቀጥ ብሎ
መቀመጡን ያረጋግጡ





እጅን ይታጠቡ እና ዳንት ያድርጉ





የአፍ እንክብካቤ ከመስጠትዎ በፊት በደንበኛው
ደረቱ ላይ ፎጣ ለማስቀመጥ ያቅርቡ

ከመጀመርዎ በፊት ስለ ማንኛውም አፍ ህመም
ለደንበኛው ይጠይቁ

የፕሮሰስ ብሩሽ ወይም የፕሮሰስ ስፖንጅ ያርሱ





እና የፕሮስ
ሳምናን ያድርጉ



የፕሮስ ስፖንጅ ከአፍ የሚወጣውን የምግብ ፍርስራሾች እና ከ xerostomia (ደረቅ አፍ) ጋር የተያያዘውን ምራቅ ለማራስ እና ለማጽዳት ነው።

ለሰላሳ የክብ እንቅስቃሴዎችን
በመጠቀም ሁሉንም የፕሮስ
ገጽታዎችን በብሩሽ ወይም
በስፖንጅ ያፅዱ



የደንበኛውን ምላስ
ለመቦረሽ ይጠይቁ.



ደንበኞች አፋቸውን
ለማግኘት ንጹህ ውሃ
ያቅርቡ



የተለቀለቀበትን ውሃ
ለመቀበል
በደንበኛው አገጭ
አጠገብ ገንዳውን
ይያዙ

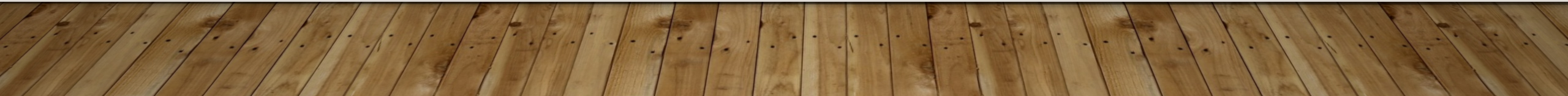
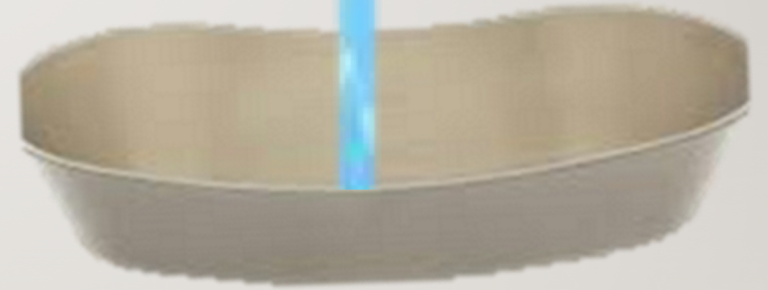


የደንበኞቹን
ከንፈሮች እና ፊት
ማድረቅ እና
ፎጣውን ያንሱ



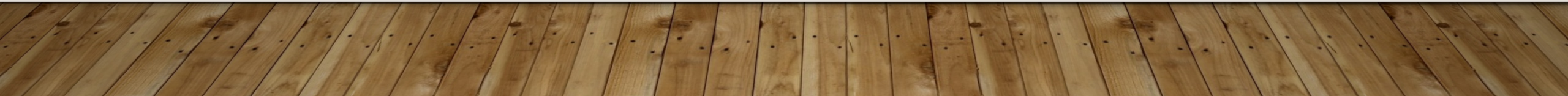


ገንዳውን አለቅልቀው ያድርቁ
እና

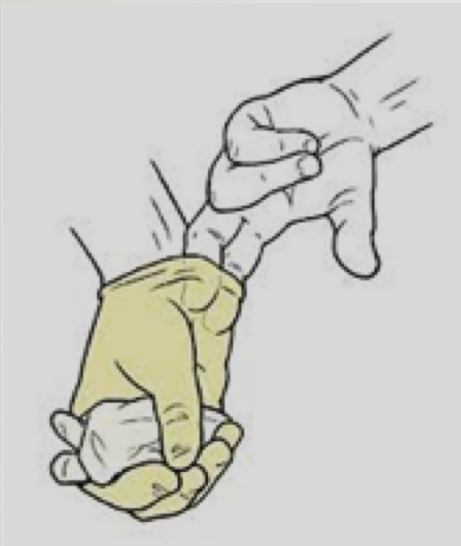




የፕሮሰስ ብሩሽን ያለቅልቁት



ጓንቶቹን አንስተው ያስወግዱ።



እጅቶቻችንን ይታጠቡ



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