

ደንበኛ የአልጋ ላይ ፖፖ መጠቀም መርዳት

ASSIST A CLIENT TO USE A BED PAN



አቅርቦቶች



- ዳንቶች
- የሽንት ቤት ወረቀት
- መጥረጊያዎች
- Basin
- ፎጣዎች for the perineal care
- የእጅ ማጽጃ



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
 - እጅን መታጠብ
 - እራስዎን ይለዩ (Identify yourself)
 - ግላዊነትን ይስጡ (provide privacy)
 - ለታካሚው ሂደቱን ያብራሩ



የአልጋ ላይ ፖፖ ከማስቀመጥዎ በፊት የአልጋውን ራስጌ ዝቅ ያድርጉ



Roll the cotton pad half way
Slide the pad under the client and finish
it by going to other side

በደንበኛው መቀመጫዎች ስር የአልጋ ላይ ፖፖ በትክክል ለማስቀመጥ ዳንት ያድርጉ
(መደበኛ የአልጋ ላይ ፖፖ: የፖፖው ሰፊው ጫፍ ከደንበኛው መቀመጫ ጋር የተስተካከለ
እንዲሆን አድርገው ያስገቡ፤
ግማሽ ፖፖ: የፖፖውን መያዣ ወደአልጋው ግርጌ በማድረግ ያስገቡ)።



ደንበኛው ጉልበቶቹን እንዲያጥፍ እና ዳሌውን ከፍ እንዲያደርግ ያድርጉ
(ከተቻለ)



በደንበኛው ስር የአልጋ ላይ ፖፖ ካሰገቡ በኋላ የአልጋውን ራስጌ ከፍ
ያድርጉ



የመፀዳጃ ሶፍት በደንበኛው ተደራሽነት ውስጥ ያድርጉ



ሲጠናቀቁ ደንበኛው እንዲያሳውቅዎት ይጠይቁ
ደንበኛውን አንሶላ ወይም ብርድልብስ ለማልበስ ይጠይቁ



Make sure you provide privacy before
you go

Take your gloves out and
clean your hands



Wash your hands/sanitize
and put on gloves

የአልጋ ላይ ፖፖ ከማስወገድ
በፊት የአልጋውን ራስጌ ዝቅ
ያድርጉ

የአልጋ ላይ ፖፖ ከማስወገድ
በፊት ዳንት ያድርጉ



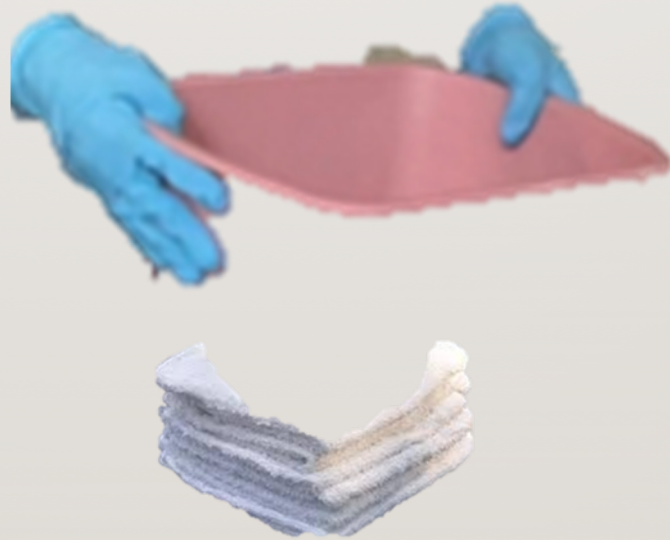
የአልጋ ላይ ፖፖ ያንሱ እና ቆሻሻውን ወደ መጸዳጃ ቤት ያስወግዱ



If you use a cotton pad, remove it with the bedpan the same time.

Clean the bedpan to the toilet by rinsing it and dry it and put it away

የብልት እንክብካቤ ይሰጡ (የቅደም-ተከተል ዝርዝር ይከተሉ)



Do perineal care. Front to back cleaning.



መሣሪያዎችን በፕሮቶኮል መሠረት ማጽዳትና ከተዋህሲያን ነጻ ማድረግ። ወደ ትክክለኛው ማስቀመጫ ይመለሱ



ጓንትዎችን ያውልቁ እና ያስወግዱ እና እጅዎን ይታጠቡ



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