

## Unit 29: Undertake Personal Hygiene Activities with Individuals

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Level:	2
Unit type:	Optional
Credit value:	3
Guided learning hours:	24

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### Unit Aim

The learner will develop skills in supporting individuals to maintain personal hygiene. This includes care of the skin, mouth, nose, eyes and ears and requires knowledge of the organs' anatomy and physiology. Application of infection control is required. The ability to follow a care plan is central to carrying out the activities.

### Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcomes 3-5 must come from real work activities.

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1 Understand current legislation, national guidelines, policies, procedures and protocols in relation to undertaking personal hygiene activities with individuals	1.1 Identify current legislation, national guidelines, <b>policies, procedures</b> and protocols in relation to undertaking personal hygiene activities with <b>individuals</b>
	1.2 Explain the importance of complying with health and safety guidance
	1.3 Explain the importance of infection control during personal hygiene activities
2 Know the anatomy and physiology of the skin, nose, mouth, eyes and ears in relation to cleansing	2.1 Describe the anatomy and physiology of the skin, nose, mouth, eyes and ears in relation to cleansing

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
3 Be able to prepare for undertaking personal hygiene activities with individuals	3.1 Explain the importance of following the <b>individual's</b> care plan
	3.2 Prepare the environment and equipment prior to commencing the activity
	3.3 Confirm all equipment and materials are fit for purpose as outlined in the <b>individual's</b> care plan
	3.4 Confirm the <b>individual's</b> identity and gain <b>valid consent</b>
	3.5 Communicate information in a way that is sensitive to the personal beliefs and preferences of the <b>individual</b>
4 Be able to undertake personal hygiene activities with individuals	4.1 Apply health and safety measures relevant to the procedure and environment
	4.2 Apply standard precautions for infection control
	4.3 Carry out personal hygiene activities in accordance with the <b>individual's</b> care plan
	4.4 Ensure that the <b>individual's</b> privacy and dignity is maintained
	4.5 Observe the <b>individual</b> while providing support and reassurance and address any concerns
	4.6 Describe action to take in response to adverse reactions
5 Be able to record and report the outcome of the personal hygiene activity	5.1 Record the outcome of the personal hygiene activity
	5.2 Report the outcomes of the activity to a member of the care team in line with local policy

## **Additional information about the unit**

Exemplification of terms used in assessment criteria:

### **Policies and procedures:**

May include other agreed ways of working as well as formal policies and procedures.

### **Individual:**

Refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

**Valid consent:** Consent (must be in line with agreed UK country definition) may include:

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.