

Steps	Reason and patient-centred care considerations
8. Dispose of bowl or clean with detergent and water if reusable. Store inverted to avoid dregs of water collecting in it. Dispose of/ clean any other equipment as per local policy and return any of the patient's equipment to their locker. If appropriate clean the bed-side table and put any belongs you moved back in their original position. Ensure the patient can reach the nurse call bell.	Reduces risk of infection. Maintains patient safety.
9. Perform steps 8-10 of the common steps (pp. 144-146).	To ensure that the: <ul style="list-style-type: none"> <li>• patient is safe, comfortable and receiving the appropriate care;</li> <li>• results have been documented in the patient's records;</li> <li>• equipment is clean and in working order.</li> </ul>

**Evidence base:** Baillie (2009); DH (2010), Dougherty and Lister (2011); Gasper et al. (2010); NICE (2012a); NMC (2007, 2015); Sargeant and Chamley (2013)

## Washing a patient's hair in bed

### What is normal

Most patients have their own hygiene practices, which may be very different from yours, so remember to ensure you are working in partnership with your patient.

Remember to constantly observe and assess the condition of patient's hair and skin on their scalp.

### Before you start

Remember to perform the common steps (pp. 144–146).

### ☑ Essential equipment

Bed hair-rinser, towel x3, large incontinence pads, patient's shampoo, brush and comb, bowl x2, warm water, jug, mirror and any other hair product the patient uses.

### ☑ Care setting considerations

It is possible to wash a patient's hair in bed in any setting as long as the necessary equipment is available.

### ☑ What to watch out for/action to take

If whilst washing a patient's hair any areas of skin have been observed which are abnormal this must be reported to a relevant individual and recorded in the patient's notes.

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1. Perform steps 1-7 of the common steps (pp. 144-146).	To prepare the patient and yourself to undertake the skill.
2. Offer assistance as required to prepare the patient. Draw the curtains fully around the patient's bed-space if appropriate.  Clear sufficient space around the patient's bed, pull it out so you can easily access the head end, and ensure you reapply the brakes.  Wrap a towel around the patient's shoulders.	Maintains patient dignity and keeps them warm.  To enable you to move freely in the bed space.  To stop them from getting wet.
3. Make sure that the patient is comfortable whilst you are undertaking the next step, 'preparing the bed and bed-space', moving them following safe patient moving principles.	To promote patient comfort. Preparing the bed-space effectively is most important, as otherwise the procedure will not go smoothly.
4. Lay the patient and the bed flat, so you can either fold the bed's headboard down, as some can be used as a shelf at the top of the bed, or remove it completely.  If the headboard cannot be used as a shelf move the patient's bed table to this position, as this is where the bed hair-rinser will go.  Position another table as close to the top of the bed as possible and place the jug and a bowl of clean warm water on this table.	Ensure that the patient is able to tolerate lying flat.  To effectively prepare the bed space.  To enable equipment to be at hand when you need it.

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<p>5. Place a towel on the bed head or table and place the bed hair-rinser on top. Position the spout so it hangs over the side; place a large incontinence pad on the floor underneath this with an empty bowl on top to collect the waste water.</p>	<p>To prevent water from escaping and wetting the floor.</p>
<p>6. Assist or move the patient to a comfortable position where their head is laying in the bed hair-rinser.</p>	<p>To ensure the patient is in the correct position to have their hair washed.</p>
<p>7. Use the jug to wet the patient's hair with the warm water in the bowl. Check that the patient is happy with the temperature of the water and protect their eyes and ears.</p> <p>Do not hurry and be gentle.</p>	<p>To promote patient comfort whilst washing their hair.</p>
<p>8. Put a small amount of shampoo on the palm of your hand and rub it in to the patient's hair and scalp with circular movements.</p> <p>Rinse the hair with warm water, repeating as often as necessary until all of the lather from the shampoo has been washed away.</p> <p>Repeat the shampooing and rinsing stages until the hair is clean.</p>	
<p>9. Wrap a clean towel around the patient's hair and assist or move their head out of the bed hair-rinser.</p>	<p>To remove equipment no longer required.</p>
<p>10. Ensure the patient is in a comfortable position and ask them how they wish their hair to be styled. If local policy allows use a hairdryer to dry their hair.</p>	<p>To promote patient comfort.</p>
<p>11. Assist the patient to look at their hair in a mirror to ensure they approve of the result.</p> <p>Remove the towel from the patient's shoulders and ensure they are in a comfortable position.</p>	<p>To ensure the patient is happy with the end result of their hair washing and drying.</p>

Steps	Reason and patient-centred care considerations
<p>12. Dispose of bowls or clean with detergent and water if reusable. Store inverted to avoid dregs of water collecting in it. Dispose of/clean any other equipment as per local policy and return any of the patient's equipment to their locker. Clean the bed-side table and put any belongs you moved back in their original position.</p> <p>Ensure the patient can reach the nurse call bell.</p>	<p>Reduces risk of infection.</p> <p>Maintains patient safety.</p>
<p>13. Perform steps 8-10 of the common steps (pp. 144-146).</p>	<p>To ensure that the:</p> <ul style="list-style-type: none"> <li>• patient is safe, comfortable and receiving the appropriate care;</li> <li>• results have been documented in the patient's records;</li> <li>• equipment is clean and in working order.</li> </ul>

**Evidence base:** Baillie (2009); DH (2010); Dougherty and Lister (2011); Glasper et al. (2010); NICE (2012a); NMC (2007, 2015); Sargeant and Chamley (2013)