

**Covenant School of Nursing  
Instructional Module 1 Learning Guide  
Topic: Hygiene**

**Learning Goals/Outcomes**

Upon completion of this lesson, you will be able to:

- Explain how personal hygiene relates to health and well-being
- Describe factors influencing personal hygiene practices
- Discuss different approaches used in maintaining a patient's comfort and safety during hygiene care
- Demonstrate nursing skills to promote patient hygiene (such as bathing and foot care)

**Pre-Class Preparation**

**Required:**

- Read Potter & Perry Fundamentals of Nursing Chapter: Hygiene
- Review Power-Point slides
- There are online HESI assignments that accompany this lesson, and they are listed on the HESI Recommended Due Date document located on the LMS. It is recommended that you complete the HESI assignments prior to class. An average score of 80% on each HESI assignment is required. Failure to complete the assignments by the due date listed on the document will result in failure to progress to the next module.

**Learning Activities**

**Classroom Activities:**

- Lecture
- Discussion
- Bathing video

**Additional Resources:**

- None

**Laboratory/Clinical Activities:**

- Complete bed bath in clinical setting

**Online/Out of Class**

- My Evolve
  - Clinical Skills for Nursing Collection
  - Course Content
  - Essential Collection:
    - Performing a Complete/Partial Bedbath
    - Cleaning Dentures
    - Performing Nail and Foot Care
    - Applying stockings
    - Performing Perineal Care for a Female
    - Performing Perineal Care for a Male Patient.

**View Demos and Complete test.**

**Evaluation Methods**

- Exam
- Hygiene Clinical

<b>Texas DECs</b>	<b>QSEN Competencies</b>
<b>Knowledge</b> II.A,1a, 2b, 3, 4a; IIB, 2,6,7,12; IIC, 3a, 4a, 4b, 6, 8; IID, 1a;IIE, 1a, 1b, 1c, 3b, 4b, 5, 12; IIG,3a; IVB, 3d, IVC, 3a, 8 <b>Clinical Judgments and Behaviors</b> IA, 2; IB, 2a, 3a, 3c, 5a, 5c; IIA, 2a, 2b, 4; IIB, 2, 3b, 5; IIC, 1, 2, 7; IID, 2c, 3b; IIE, 2a, 2b, 4, 6a, 13a; IIF, 1a, 1b, 1c, 5a, 5b; IIG, 1a, 5c; IIIA, 4; IIIB, 1, 2, 3a, 3b; IIIC, 2a; IVB, 1a, 2a; IVC, 2b; IVE, 2b	PCC; T & C, S
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
2/1;3/3, 4/1; 4/4; 6/6;6/1,8/8	MOC: Basic Care and Comfort; Personal Hygiene MOC: Health Promotion & Maintenance
<b>Concepts</b>	<b>Faculty</b>
<b>Health Promotion Hygiene/ Pathophysiology of Skin and Ppressure Ulcers</b>	Niki McAdams MSN, RN
<b>Date originated: 06/18/15</b>	<b>Revision Dates: 9/9/16; 12/07/16; 01/10/17;12/06/17;01/21/19;01/31/20/5/14/20 , 01/22, 10/20/23</b>

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