

PERFORMANCE CHECKLIST

Giving Perineal Care

Name _____

To be completed by instructor during observation of 100%, unassisted mastery of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.

Equipment: Wash basin of warm water, bedpan, incontinence pads, washcloths, towel, soap dish, soap and/or periwash, disposable gloves, bath blanket or equivalent

- _____ 1. Knock before entering room.
- _____ 2. Address resident by name.
- _____ 3. State your name and title.
- _____ 4. Identify resident.
- _____ 5. Explain procedure and obtain permission.
- _____ 6. Wash hands.
- _____ 7. Assemble equipment.
- _____ 8. Provide privacy.
- _____ 9. Put on gloves.
- _____ 10. Fill wash basin 2/3 full with water not warmer than 105 – 110 degrees F. Put at bedside with other supplies.
- _____ 11. Provide for resident safety and raise bed to best level for body mechanics.
- _____ 12. Cover resident with bath blanket and fanfold top linen to bottom of bed.
- _____ 13. Remove soiled clothing and incontinence pads if necessary. Change gloves and wash hands as needed, providing for resident safety.
- _____ 14. Place incontinence pads under resident or put on bedpan.
- _____ **A. Female Resident**
 - ___ Assist resident to flex knees and spread legs as much as possible
 - ___ Spread labia and wash front to back with soap or periwash---once down each side and once down center using a clean part of the washcloth with each stroke. Rinse in the same manor and dry.
 - ___ Remove pads and replace, if needed, or remove bedpan and provide for resident safety.
 - ___ Clean bedpan and replace.
- _____ **B. Male Resident**
 - ___ Gently push back foreskin of penis, if resident uncircumcised, and wash from meatus to body.
 - ___ Rinse and return foreskin to natural position.
 - ___ Wash scrotum and rinse.
 - ___ Pat dry. Provide for resident safety.
- _____ **C. Female and Male Resident as needed when soiled**
 - _____ 15. Wash, rinse and dry upper thighs.

- _____ 16. Assist to turn to side, away from you.
- _____ 17. Wash buttocks and anal area, always cleaning from front to back. Rinse and dry.
- _____ 18. Remove incontinence pads and place in waste receptacle. Provide for resident safety.
- _____ 19. Clean and return equipment to proper place.
- _____ 20. Remove gloves and wash hands.
- _____ 21. Replace top linen, provide for resident safety and lower bed.
- _____ 22. Provide for comfort with call signal in reach.
- _____ 23. Wash hands.
- _____ 24. Record actions and report any abnormal observations to supervisor.

Pass _____ **Instructor's Signature** _____ **Date** _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. Revised 2005