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如何替臥床 病人洗頭

How to Assist
a Bedridden
Patient Wash
Their Hair

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Purpose

To assist bedridden patients clean their hair. This will improve patient comfort and appearance.

Preparation

Required equipment includes shampoo, conditioner, comb, two cotton balls, shampoo mat, towels, bath towel, waterproof rubber blanket, hair dryer, clean water bucket (pot), dirty water pail, and warm water (41 - 43 C).

Procedure

1. Bring the equipment to the patient's bedside and explain the procedure to the patient or their family member(s) prior to proceeding.



目的

協助臥床病人清洗頭髮，增進病人舒適及美觀。

準備用物

洗髮精、潤絲精、梳子、棉球2個、洗髮墊、毛巾、浴巾、防水橡皮單、吹風機、清潔水桶(壺)、污水桶、溫水(41~43℃ 4000cc)。

步驟

1. 備齊用物到病人床前，向病人或家屬解釋。



2. Always wash your hands before and after physical contact with each patient.



3. Shift the patient so their head is close to the edge of the bed and have the patient lie flat on their back (without a pillow).



2. 接觸病人前、後均須洗手。



3. 移去枕頭協助病人斜躺在床上，並盡量將病人的頭部移近床緣。



4. Place the waterproof rubber blanket under patient's neck and head and place towels over the patient's chest to minimize water spillage.



5. Place a rolled up towel under the patient's neck.



6. Place the shampoo mat beneath the patient's head and place the cotton balls in the patient's ears.



4. 於病人頭頸下方鋪上防水橡皮單，浴巾放於病人胸前，以保護被頭。



5. 後頸置入毛巾卷。



6. 將洗頭墊置於病人頭部下方，並將棉球塞入病人耳內。



7. Open the outlet below the shampoo mat to allow dirty water to flow into the dirty water pail.



8. Check the water temperature on your hand to ensure it is appropriate (not too warm or cold).



9. Wet the patient's hair and scalp.



7. 洗頭墊污水管下方導水口打開
放入污水桶內。



8. 洗頭前先沖水於照護者手掌，
確定水溫適當。



9. 溫水沖於照護者手掌後流入病
人的頭髮及頭皮。



10. Use your hand to avoid water flowing into the patient's face and ears.



11. Using an adequate amount of shampoo, rub your hands together to make lather before applying it to the patient's hair.



12. Massage the patient's scalp and hair with the finger pads of both hands. Be certain to avoid scratching the patient with your fingernails.



10. 沖濕耳旁頭髮時，需用手放在耳朵上方避免溫水流出。



11. 取洗適量髮精於手掌中，輕搓起泡後平均塗抹於病人頭髮上。



12. 用雙手指腹搓揉病人的頭皮及頭髮，避免使用指甲抓頭皮。



13. Rinse the shampoo from the patient's hair being certain to turn the patient's head from one side to the other to ensure all the soap is removed from the hair, ears, and neck. Use your hand to ensure that water does not flow into the patient's face, eyes, or ears.



14. After the shampoo is removed, repeat steps 10-13 using the conditioner.

15. When finished, close the outlet below the shampoo mat and dispose of the dirty water appropriately.



13. 將病人頭側一邊，再用清水沖淨頭髮、耳後及後頸部，注意勿讓水流入眼睛或耳中。



14. 洗淨後使用潤絲精潤濕頭髮，重複步驟11~13，若病人過度疲勞時，清洗一次即可。

15. 洗頭過程中，污水桶的水盛滿時，可將洗頭墊下方導水口關閉後，將污水提去倒。



16.Remove the shampoo mat from underneath the patient.



17.Remove the cotton balls from the patient' s ears.



18.Use a clean towel to wipe the patient' s face, ears, nose, and eyes then wrap the patient' s hair with this towel.



16. 清頭完成後，移去洗頭墊。



17. 移去病人耳中的棉球。



18. 取另一條乾淨毛巾擦臉、耳朵、鼻子、眼睛後，包住頭髮。



19. Roll up the head of the bed.
When ready, remove the towel
and dry the patient's hair using
a hair dryer.



20. Gently comb the patient's hair.
First gently hold the hair while
combing the roots (20-1) then
hold the roots while combing the
strands to prevent pulling (20-2).



(20-1)



(20-2)

19.搖起床頭，利用吹風機將病人的頭髮吹乾。



20.用手將頭髮分束輕握
（如圖20-1），用梳子梳向髮尾方向時，需用手握住髮跟後再梳理（如圖20-2）。



(20-1)



(20-2)

21.If the patient has long hair, braid the hair to keep it neat and reduce knot formation. Short hair can be left free.



22.Remove the towel from the patient's chest.



23.Remove the waterproof rubber blanket and place it in the used dirty water bucket.



21. 將頭髮打辮子，減少頭髮散亂、易打結（短髮則免）。



22. 移去圍在胸前的浴巾。



23. 移去防水橡皮單放在水桶內。



24. Place the pillow under the patient's head and help re-organize the patient's clothing and positioning to ensure the patient is comfortable.



25. Clean all of the equipment so it is ready for the next session.

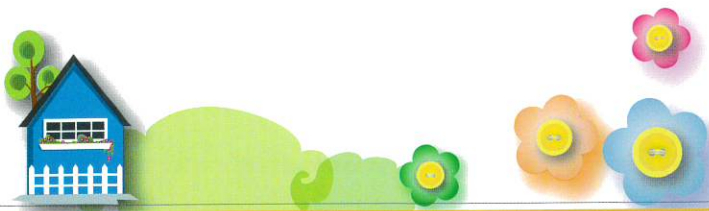
24. 將枕頭置回病人的頭下，協助病人整理衣物及舒適臥姿。



25. 洗頭墊使用後，清理乾淨保持乾燥，以備下次使用。

Memorandum







敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

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