Fundamental of Nursing

Lec:3
Personal Hygiene

Instructor:

Dr. Mahdi Hamzah AL- Taee

Introduction

Good personal hygiene is essential for maintaining overall health and well-being. It helps prevent the spread of germs, boosts self-confidence, and promotes a positive self-image. Let's explore the importance of daily care for various body parts.

Skin Care

- **Why it's important?**

  Skin is our largest organ and acts as a barrier against germs and infections.

- **Daily care:**
    o **Cleanse:** Wash your face twice a day with a gentle cleanser to remove dirt, oil, and makeup.
    o **Moisturize:** Apply a moisturizer to keep your skin hydrated, especially after showering or washing your face.
    o **Protect:** Use sunscreen with an SPF of 30 or higher to protect your skin from harmful UV rays.

Foot Care

- **Why it's important?**

  Feet carry us throughout the day and deserve proper care.

- **Daily care:**
  - **Wash:** Wash your feet daily with soap and water, paying attention to the areas between your toes.
  - **Dry:** Dry your feet thoroughly, especially between the toes, to prevent fungal infections.
  - **Moisturize:** Apply a moisturizer to keep your feet soft and prevent dry, cracked skin.

Nail Care

- **Why it's important?**

  Clean and trimmed nails promote good hygiene and prevent the spread of germs.

- **Daily care:**
  - **Clean:** Keep your nails clean by brushing them with a nail brush while washing your hands.
  - **Trim:** Trim your nails regularly to prevent them from getting too long and catching on things.
  - **Shape:** File your nails into a rounded or square shape to avoid ingrown nails.

Oral Hygiene

- **Why it's important?**

  Good oral hygiene helps prevent tooth decay, gum disease, and bad breath.

- **Daily care:**
  - **Brush:** Brush your teeth twice a day with a fluoride toothpaste for at least two minutes.
  - **Floss:** Floss daily to remove plaque and food particles from between your teeth.
  - **Rinse:** Rinse your mouth with mouthwash to kill bacteria and freshen your breath.

Hair Care

- **Why it's important?**

  Clean and well-groomed hair contributes to a positive appearance.

- **Daily care:**
  - **Wash:** Wash your hair as often as needed, using a gentle shampoo and conditioner.
  - **Style:** Style your hair in a way that suits your face shape and personal preference.
  - **Protect:** Protect your hair from heat damage by using heat protectant products.

Ear Care

- **Why it's important?**

  Clean ears help prevent infections and hearing problems.

- **Daily care:**
  - **Clean:** Clean the outer part of your ear with a soft cloth. Avoid using cotton swabs to clean inside your ear, as this can push earwax further into the ear canal.
  - **Protect:** Wear earplugs or earmuffs to protect your ears from loud noise.

Nose Care

- **Why it's important?**

  A clean nose helps you breathe better and prevents infections.

- **Daily care:**
  - **Blow:** Blow your nose gently to clear it of mucus.
  - **Clean:** Clean your nostrils with a soft tissue.
  - **Moisturize:** Use saline nasal spray to keep your nasal passages moist, especially during dry weather.