



## Resident Skin/Peri Care Checklist

### FEMALE CARE

- Help resident flex knees and widen legs (if not able, may keep straight) or turn resident on side with legs flexed.
- Carefully wash one side of perineum at a time from front to back.
- Repeat procedure using clean area on cloth or use a fresh cloth. Pay attention to folds and groin area.
- Rinse (if soap used) and pat thoroughly dry (Note: pre-moistened wipes preferable.)
- Using separate cloth, wash lower abdomen or any other areas that may have been exposed to urine or feces.
- Reposition resident to side-lying position, cleanse anal and buttocks area with toilet tissue if excess fecal matter.
- Wash area from front to back.
- Repeat if necessary with clean area on cloth or use a fresh cloth.
- Rinse (if soap used) and pat dry.
- Apply barrier cream in thin layer to all skin-fold areas if recommended by facility protocol.
- Make resident comfortable.

**NOTE:**

- Never use powder.
- Wash hands before and after procedure.
- Follow waste management protocol for soiled materials.
- Incontinent products and wipes are not to be flushed in toilet.
- Always apply correct incontinent products per application instructions and facility incontinent system.
- Use gloves per facility protocol.