

Care support

[Health & Medicine](#), [Diabetes](#)



Assisting skills The role of the health care assistant in maintaining a safe and hygienic environment for client. Comprehensive description of client's needs. My client is 77 year old man with diabetes. He lives with his wife. My client is weak and depressed. He smokes cigarettes knowing that he is not allowed, he doesn't go out and the man is always grumpy. I don't know too much about him because he never really talks but watch TV. He doesn't have any children but his wife looks after him.

My task is to assist him with the shower, get ready all his toiletries beforehand, help him to leave his walker outside the door, make sure his feet are looked after well, make sure he wears a fresh, clean clothes every time after his shower. Accurate identification of assistance required. As my client has reduced vision and weakness I help him with his morning shower. My task is to make sure he is safely washed, I observe everything correctly and report everything in the book for the nurse.

My client uses an elderly walker with seat so everywhere he walks he is safe to sit down and rest for while even if it's only short distance in the house. In the bathroom he sits on the chair and there is a non slip bathroom mat as well. He has a very thick glasses because of his reduced vision. Gentleman has to take injections every day which gives him his wife. When I visit my client I make sure my hands are washed and I wear disposable apron and gloves. I take my client to the bathroom which is nice and warm.

He walks with his walker till there. I make sure all things are out of his way so he doesn't bump into something hard because he might not feel the pain that can harm him to a serious injury. In the bathroom my client first brushes his teeth. For personal hygiene I check if his toothbrush is changed every three months and
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he has a soft one cause hard one toothbrush can tear gum tissue which might bring to infection. For the man safety I make sure that shower is warm not hot cause that could dry out his skin which is not safe for diabetic. I use mild hower gel If there is any scratches on my client's skin I use soft soap and water to wash it off not alcohol or antiseptic hygiene creams. After his shower I put moisturising cream on my client's skin. “ People with diabetes are more susceptible to foot problem but spending some time carying of their feet on regular basis can help keep them healthy (G. Gardner, Dolores 2011)”. I keep my client's feet clean every day. I wash it daily with soft flannel and mild soap. I dont leave the man in shower too long cause too long soaking in the water only causes skin dry out more.

I use soft towel to completely dry his feet remembering to dry between each and everyone of his toes. I never use moisturiser between his toes. I put lotion only on the tops and bottoms of his feet. For my clients hygiene he wears every day clean socks, mostly 80% catton or wool which helps to absorb sweat and feet can breath. I always talk true everything I do so my client is in understanding about everything. The client has been complaining about asthma so I have forwarded this to the nurse and she has arrangeddoctorappointment for my client.

Clear recommendations on effective course of action to better meet client's needs. My client is very grumpy man and he always say he dont want to do anything and he dont need anything. In the mean time he tries to do as much as he can himself. In the shower I wash his back and I look after his feet cause he cant lean down. All I canrespecthis with to do everything as quick as I can and get him out from shower as soon as I can. I always listen

the gentleman cough as he is smoker and its unaccepted for a diabetic. I remind him that he should stop smoking.

When he brush his teeth I have a look in the sink in case he has been spitting out blood to make sure his mouth hygiene is right. I observe his skin while shower is there any red spots, swelling, scratches. I pay big attention on my clients feet, I look for blisters, cuts, scratches, calluses, corns, ingrowing toe nails or signs of infection. Also I look for white, moist, wrinkly skin especially between toes. If there is any hot spots it could be underlying infection or inflammation. I would report this to the nurse straight away. I always cover my client with clothes as soon as he is out his shower respecting his dignity. I'm glad when my client tries to do as much as he can himself and always encourage him to stay that way because that keeps his self esteem. I always respect his privacy closing all blinds before shower. As my client is shy in front to me I respect his privacy and wash him quick but properly in the meantime. I always ask him does he has noticed any changes in his body since we last met. Evidence as reflection as a result on work experience. After my research I discovered that very important is to look after my clients feet if he is diabetic.

Cant miss out one bit. I learned that diabetics has much more than only low sugar levels and there is few types of diabetes. After my discovery about this illness I care about client with much more attention on smaller details which I would not know before. Trying to be a better healthcare assistant I have to develop my ability to let my client to make decisions and choice because its too easy to take care too much and take control not noticing that I take away

my clients independence and self-worth. I have to promote independence as much as I can.

Other quality is smile. It's so important to not get sad face just looking at the client. If client is grumpy carer need strength to not get the same. Sometimes it's difficult cause I know I go to my client with best intention but seems client doesn't appreciate. That's where it's need to learn to be strong and still smile and hope that my smile will make my client positive.

References. Shoback edited by David G. Gardner, Dolores 2011, Greensparks basics ; clinical endocrinology (9th ed). New York McGrawhill Medical ppChapter 17.