Unit 4222-249 Principles of supporting an individual to maintain personal hygiene (LD 206)

Level: **2**
Credit value: **1**
UAN: **H/601/5703**

Unit aim
This unit introduces the underpinning knowledge for the support of individuals in maintaining personal hygiene. It covers good personal hygiene routines and why these are important, as well as causes of poor personal hygiene.

Learning outcomes
There are **four** learning outcomes to this unit. The learner will:
1. Understand the importance of good personal hygiene
2. Know how to encourage an individual to maintain personal hygiene
3. Know how to support an individual to maintain personal hygiene
4. Understand when poor hygiene may be an indicator of other underlying personal issues

Guided learning hours
It is recommended that **10** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to the Links to HSC 27, 29, 218, 219, 220.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Care and Development.

Assessment
This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles

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Assessment Criteria

Outcome 1 Understand the importance of good personal hygiene

The learner can:

1. explain why personal hygiene is important
2. describe the effects of poor personal hygiene on health and well-being.

Outcome 2 Know how to encourage an individual to maintain personal hygiene

The learner can:

1. explain how to address personal hygiene issues with an **individual** in a sensitive manner without imposing own values
2. describe how to make an individual aware of the effects of poor hygiene on others
3. describe how to support an individual to develop and improve personal hygiene routines.

Outcome 3 Know how to support an individual to maintain personal hygiene

The learner can:

1. identify **factors** that contribute to good personal hygiene
2. explain how to support the **preferences and needs** of the individual while maintaining their independence
3. describe how to **maintain dignity** of an individual when supporting intimate personal hygiene
4. describe **risks** to own health in supporting personal hygiene routines
5. describe how to reduce risks to own health
6. identify **others** that may be involved in supporting an individual to maintain personal hygiene.

Outcome 4 Understand when poor hygiene may be an indicator of other underlying personal issues

The learner can:

1. identify **underlying personal** issues that may be a cause of poor personal hygiene
2. describe how underlying personal issues might be addressed.

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Additional guidance

- **Individual** is someone requiring care or support
- **Factors** include: washing, showering; washing hair; cleaning clothes; keeping nails clean; washing hands after using the toilet, etc
- **Preferences and needs** include: any particular requirements around personal hygiene determined by an individual's culture/faith/belief/religion
- **Maintain Dignity** – includes privacy, having trust on both sides, being professional, awareness of abuse, averting eye contact to avoid embarrassment, being gentle, being able to empathise etc
- **Risks** – from infection and reduction through infection control techniques
- **Others** may include
  - The individual
  - Colleagues
  - Families or carers
  - Friends
  - Other professionals
  - Members of the public
  - Advocates
- **Underlying personal issues** – may include: financial issues, abuse, health issues etc.