

 <p>Connecticut Valley Hospital Nursing Policy and Procedure</p>	<p>SECTION D: PSYCHOLOGICAL ADAPTATION CHAPTER 13: BASIC NEEDS</p> <p>POLICY AND PROCEDURE 13.3.4 Shaving</p>
<p>Authorization: Nursing Executive Committee</p>	<p>Date Effective: May 1, 2018 Scope: Registered Nurses and Licensed Practical Nurses</p>

Standard of Practice:

Routine grooming encourages positive self-esteem and is part of a healthy, recovery-oriented lifestyle. Patients will practice routine grooming in a safe and monitored program structure.

The Registered Nurse is responsible for delegating the responsibility of ensuring that all patients' personal hygiene, including shaving, is a component of a daily personal care routine offered by the Mental Health Assistant (MHA) and Forensic Treatment Specialist (FTS). An Occupational Therapy Shaving Assessment (CVH-548) is available upon request for those patients who may require specialized care for shaving.

Standard of Care:

All patients will be afforded the opportunity to use a disposable razor or their own personal electric razor.

Policy:

All patients will be afforded the opportunity to shave independently or be shaved by hospital staff, unless contraindicated by the Attending Psychiatrist or ACS Clinician. All patients will be supervised by hospital staff while shaving.

Possible Clinical Contraindications for patients to Shave:

- Psychiatrically unstable
- Special Observation status
- Assaultive within the last 72 hours
- Anticoagulant medications (e.g. Heparin, Coumadin, high doses of Aspirin)
- Rash or infected skin

Procedure: Staff Shaving Patient

1. Prepare a basin of warm water with soap. Obtain a wash cloth and towel from clean linen.
2. Wash hands and don gloves.

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3. Wash patient's skin with the warm, soapy water. Washing removes oils which help raise the hair shaft.
4. Lather the skin with soap or shaving cream. Use of soap or shaving cream reduces surface tension as the razor is pulled across the skin.
5. Start at the upper areas of the face (or other areas that require shaving) and work down. The progression provides more control of the razor.
6. Pull the skin taut below the area to be shaved. This evens the level of the skin.
7. Pull the razor in the direction of the hair growth. Shaving with the hair reduces the potential for irritation.
8. Use short strokes they provide more control of the razor.
9. Rinse the razor after each stroke as hair accumulates. Rinsing keeps the cutting edge of the razor clean.
10. Rinse the remaining soap or shaving cream from the skin. Rinsing reduces the potential for drying the skin.
11. Apply direct pressure to areas that bleed.
12. Apply aftershave lotion or cream to shaved areas, if the patient desires.
13. Discard disposable razors in the designated red sharps container.
14. Doff gloves and wash hands.

Procedure: Patient Shaving Independently with Staff Supervision

1. Patients that are able to shave themselves will be supervised by a staff member at all times, with the exception of the Addiction Services Division (ASD) Rehabilitation Program. Patients in the ASD Rehab Program are able to shave independently.
2. Staff must wear gloves during supervision.
3. Staff will provide patients with clean linen for shaving.
4. Disposable razors will be signed out by patients and disposed of in the designated red sharps container.

Addiction Services Division

Merritt Hall: Electric razors are to be kept in the Treatment Room clearly marked with the patient's name. Manufacturer's guidelines should be followed for daily maintenance.

Blue Hills: Detox Unit: Electric Razors are to be kept in the Nursing Unit office in the patient supply closet and clearly marked with patient's name. Manufacturer's guidelines should be followed for daily maintenance.

Rehab Unit: Electric Razors are to be kept in the patient storage closet and clearly marked with patient's name. Manufacturer's guidelines should be followed for daily maintenance.

General Psychiatry Division

Electric razors are to be kept in the Treatment Room clearly marked with the patient's name. Manufacturer's guidelines should be followed for daily maintenance.