

身體清潔技巧

Body Cleaning Tips

目的：**Purpose:**

維持皮膚清潔，除汙去味；促進血液循環，放鬆肌肉，促進關節活動。

To keep the skin clean, remove dirt and odor, promote blood circulation, relax muscles and promote joint activities.

用物準備：

Preparation for necessary items:

沐浴乳(肥皂)、毛巾(小毛巾、浴巾)、乾淨之衣物、乳液(或嬰兒油)、電熱器(視情況使用)。

Shower gel (soap), towels (small towel, bath towel), clean clothing, lotion (or baby oil), an electric heater (to be used depending on conditions).

原則：**Principles:**

1. 一般來說，床上擦澡應尊重長輩喜愛的方式，需要的物品應事先準備齊全，注意長輩的隱私。

In general, the caregiver should give a sponge bath to the elderly in bed according to their preferences. Necessary items should be prepared in advance, and pay attention to the privacy of the elderly.

2. 水溫宜留意，年長的長輩洗澡用水應避免過熱，準備時的溫度可較高，約43-46°C。Watch out for bath water temperature; temperature of the bath water for the elderly should not be too hot. Water temperature can be higher during preparation, about 43-46°C.

3. 從最乾淨的部位洗到最髒的部位。

Bathe the elderly from the cleanest spots to the dirtiest parts

4. 依長輩狀況，如果可自己活動，盡可能鼓勵長輩自己擦，我們協助其不及之處，但必須以安全為考量，清洗過程視水溫、污穢情形隨時更換水。

Depending on conditions of the elderly, the elderly should be encouraged to wash their bodies on their own as much as possible if the elderly can do things by themselves. The caregivers only help the elderly wash the parts they cannot reach. However, considerations must be given for safety. Bath water should be replaced whenever necessary depending on water temperature and cleaning

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condition of the water during the cleaning process.

順序：Sequence:

一般全身清潔之順序是由頭髮、臉部、上肢→胸部→腹部→下肢→背部→會陰部及臀部，按順序進行清潔和擦拭，以免身體各處之污垢病菌相互感染，在此示範臉部及身體之擦拭順序。

In general, the order of cleaning the whole body is to start from hair and face, and then upper limbs → chest → abdomen → lower limbs → back → perineum and hips. Each part of the body will be washed and wiped clean in turn in order to prevent cross infection caused by dirt and bacteria in each part of the body. Demonstration on face and body cleaning in turn is giving in the following:

1. 臉部：雙眼（內眼瞼至外眼瞼）→額頭→鼻子→兩側臉頰→下巴→耳朵→頸部。

Face: Both eyes (from inner eyelid to outer eyelid) → forehead → nose → cheeks on both sides → chin → ears → neck

2. 身體各部：上肢→胸部→腹部→下肢→背部→會陰部及臀部。

Body parts: Upper limbs → chest → abdomen → lower limbs → back → perineum and hips

步驟：Steps:

1. 備妥各項用品後，
評估被看護人的身體狀況及污垢異味等。

After use items are properly prepared, the caregiver should assess the physical condition, dirt and odor of the patient or ward.

2. 按清潔順序，
以毛巾沾清水或沐浴乳擦拭身體，若使用沐浴乳等清潔劑，則需多用幾次清水擦拭，以充分去除污垢及沐浴乳。

Clean body parts of the patient according to the cleaning sequence; damp a towel or put some shower gel onto a towel to clean the body; if shower gel or other cleaner is used, wash and clean the body more times to fully



remove dirt and shower gel.

3. 清潔胸部及腹部：女性個案乳房用環狀擦法，注意乳房底部皮膚皺褶處之清潔。

Chest and abdomen cleaning: When using a circular motion to clean female breasts, the caregiver must watch out for cleanness of wrinkle area at the bottom of breasts.

4. 清洗上肢：由手指端往頸肩端擦洗手臂，可將個案手高舉過頭，擦洗腋下，手臂高舉可促進肌肉關節的活動。

注意指甲、指縫間的清潔。洗淨之後，用大毛巾擦乾。

Upper limb cleaning: Clean arms from finger tips towards the neck and shoulder; raise hands of the cared-for over the head and then clean the armpits; holding arms high can promote activities of muscles and joints. Watch out for cleanness of nails and spots between the fingers; use a bath towel to dry the body after finishing taking a bath.

5. 清潔上肢時應留意用水順序，為清水→肥皂→清水，直到洗淨為原則。

Please note the sequence of using water when cleaning upper limbs, which is clean water → soap → clean water, until upper limbs are completely washed clean.

6. 協助清潔下肢：需注意勿暴露會陰部，協助擦拭兩側髖部、大腿及小腿，並擦乾。鋪大毛巾在足部，協助個案屈膝，將足部泡在臉盆，清洗趾部及趾間。

Assistance in lower limb cleaning: Please note that the perineum must not be exposed. The caregiver should assist the patient/ward to clean both sides of hips, thighs and shanks, and dry these body parts. Put a large towel under the feet and help the patient/ward to bend knees and put feet in a washbasin to clean toes and spots between toes.

7. 清潔背部：協助被看護人翻身背向你，使用連續、長而有力的擦撫動作，小心別跌下床。

Back cleaning: Help the patient roll over and have the back face the caregiver; apply continuous, long and vigorous rubbing to the back, and watch out for falling off the bed.

8. 躺回平躺姿勢。

Let the patient or ward lie down on the bed

9. 清潔會陰部：墊橡皮中單或看護墊於臀部下面。如果被看護人能動，盡量讓他自己擦洗。

Perineum cleaning: Put a rubber sheet or an under pad beneath the hips; if the patient/ward is capable of doing things on his/ her own, try to let the her/him clean the perineum by himself/ herself.

注意事項：

Matters that needs attention:

1. 清潔過程，若發現水變髒，請立刻更換。

If bath water is found dirty during the cleaning process, please replace the water immediately.

2. 維持室內溫度：關閉窗戶，視情況予電熱器使用。

Maintaining indoor temperature: Close windows, and use an electric heater depending on conditions.

3. 適當保暖預防受寒：擦拭完的部位請用浴巾覆蓋，未擦拭的部位請勿脫去衣物。

Keeping body warm properly to prevent catching a cold: Please use towels to cover the finished body parts, and do not take off clothes for body parts that have not been washed.

4. 維護隱私：需予適當的覆蓋。

Maintaining privacy: Private parts of the patient/ward should be properly covered.

5. 乾燥脫屑的皮膚，建議不要常使用清潔劑，但需加強保濕，擦澡後使用乳液或嬰兒油。

It is recommended not to use cleaners often for dry and scaling skin. However, moisture of the skin needs to be enhanced. Therefore, lotion or baby oil can be applied to the skin after taking a sponge bath.

6. 利用擦澡時間觀察皮膚狀況。

Observe the condition of the skin during the time of taking a sponge bath.

7. 大腿的內側及會陰部，為皺褶區域，須特別注意擦乾。

The inner thighs and the perineum are the wrinkle areas. Please note that the areas must be kept dry.

8. 若被看護人身上有傷口或是管路，請務必於擦澡後要執行管路清潔及傷口處理。

If the patient/ward has wounds or has tubes affixed to body parts, the caregiver must perform tube cleaning and wound care after finishing a sponge bath.

9. 被看護人的身體狀況允許下，可協助被看護人至浴室洗澡，甚至可讓被看護人自行

清洗，提升被看護人的自我照顧能力及信心感。

Under permitted physical conditions of the patient/ward, the caregiver can help the patient walk to the bathroom to take a bath, or even allow the patient to take a bath on his/her own so as to enhance self-care abilities and a sense of confidence of the patient or ward.

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承辦單位：中華民國家庭照顧者關懷總會

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參考資料：

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